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DEPARTMENT OF THE ARMY TECHNICAL MANUAL

ARMY RECIPES (VEGETABLES AND LEGUMES)

HEADQUARTERS, DEPARTMENT OF THE ARMY

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RECIPES

VEGETABLES AND LEGUMES

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CHAPTER 1
GENERAL INFORMATION

1. Importance to Diet

Vegetables are of great importance in the diet because they contain vitamins and minerals needed for body growth and prevention of serious diseases and deficiencies. They are especially rich in calcium and phosphorus. They also supply essential roughage to the human diet. Normally, vegetables will constitute two-thirds of the ingredients of a complete meal. They are found in salads, in main courses, and in desserts. Vegetables are marketed in four forms: fresh, frozen, canned, and dry.

2. Flavor Retention

Vegetables vary in their ability to retain flavor during cooking. They divide roughly into three groups. The first group which includes cabbage, Brussels sprouts, cauliflower, and turnips contain sulfur compounds. These compounds break up under certain conditions, such as prolonged cooking at low temperatures and release disagreeable odors and flavors. The second group is composed of strong-flavored vegetables such as onions, garlic shallots, and chives, which do not give off disagreeable odors. However, during cooking their flavor volatilizes and, if overcooked, they will lose much of their original flavor. The third group encompasses all other vegetables. This group will lose flavor when overcooked in too much water.

3. Waste

Certain portions of most raw vegetables may not be edible, and are removed as waste. In taking off waste by peeling, scraping, brushing, or cutting, care must be exercised to prevent destruction of edible portions.

CHAPTER 2
COOKING METHODS AND RECIPES

4. Cooking Time

The cooking time required for any given vegetable is influenced by many factors. Such factors are—

a. Method of cookery.
b. Age and condition of vegetable.
c. Preparation of vegetable (small or large pieces).
d. Amount of water used and its temperature.
e. Quantity to be cooked at one time.
f. Chemical composition of water.
g. Size and shape of container.
h. Altitude.

5. Cooking Methods

Vegetables must be cooked in the shortest time possible, using a minimum of water. All fresh or frozen vegetables should be cooked at a gentle boil. Dried vegetables should be simmered. Water for cooking vegetables should be salted, and brought to a boil before adding the vegetables. A vegetable is sufficiently cooked when it is tender. It is better to undercook than to overcook.

6. Hints on Preparation and Cookery

The following points should be remembered in preparing and cooking vegetables:

a. Frozen vegetables are as perishable as fresh vegetables and should be handled carefully.

b. Canned vegetables need no preparation other than heating.

c. Milk and cheese, when necessary for sauce preparation, should be heated in a double boiler to prevent scorching.

d. Vegetables with the edible portion grown above the ground are usually delicate, and need careful handling to prevent breaking and bruising.

e. Fresh lemon juice or vinegar added to beets and red cabbage helps retain the red color. Beets will also retain their color if a long taproot and an inch or more of the stem are left on them.

f. A quick dip into cold water loosens the skin on a cooked beet so it will slip off easily.

g. Baking soda should not be used to preserve color as it destroys nutrients and gives an unnatural flavor and texture to vegetables.

h. Rubbing potatoes with fat before baking prevents crusting. When baked potatoes are served immediately, slit the potatoes to release the steam. This prevents sogginess.

i. Quick frozen products solid-packed in bricks, should be broken into four or five pieces before being placed in water. This will shorten the defrosting time in the water.

j. Save liquid drained from vegetables for gravies, sauces, and soups. Cooking liquids of frozen vegetables can be used to give flavor and moistness to vegetables which are held on the steam table.

k. A more acceptable product may be obtained when vegetables are cooked in small quantities. Batches should be as small as possible, consistent with the amount of time and equipment available. By staggering the starting time of each batch, a continuous cooking operation may be maintained up to and including the serving period.

l. Complete the cooking of vegetables as near serving time as possible. Avoid holding vegetables on the steam table longer than is necessary for the actual serving period.

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No. G-1 BUTTERED ASPARAGUS, CANNED, FRESH, OR FROZEN

100 servings
½ cup each
Preparation and cooking time: About ½ hour—canned
1½ hours—Fresh
¾ hour—Frozen

ASPARAGUS, CANNED__ 26 POUNDS___ 3 GALLONS

Heat asparagus in own liquid. Drain; reserve 2 cups of liquid for seasoning.

OR

ASPARAGUS, FRESH, CLEANED 20 POUNDS

Cut off tough ends of fresh asparagus stalks and discard. Wash asparagus thoroughly in cold water and break stalks in 4-inch pieces.

OR

ASPARAGUS, FROZEN, STEMS AND TIPS 20 POUNDS

(To prepare fresh and frozen)

WATER, BOILING_____	**(FOR FRESH)_**	**2 GALLONS**
	(FOR FROZEN)	**1½ GALLONS**
SALT_____	**5 OUNCES____**	**½ CUP**
SUGAR, GRANULATED__	**4 OUNCES____**	**½ CUP**

Place asparagus in boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Cook until tender, about 10 minutes for fresh and 10 to 15 minutes for frozen (avoid overcooking).
Drain and save 2 cups of cooking liquid for seasoning.
SEASON: (canned, fresh, and frozen)
Arrange asparagus in serving pans.

BUTTER_____	**¾ POUND____**	**1½ CUPS**
PEPPER, BLACK_____	**_____**	**1 TEASPOON**

Melt butter in cooking liquid; add pepper. (Add 1 tablespoon of salt to canned asparagus).
Pour over asparagus. Serve hot.

Note. 35 pounds of fresh asparagus, as purchased, will yield approximately 20 pounds, edible portion.

No. G–2 CREAMED ASPARAGUS WITH VARIATION

100 servings
½ cup each
Preparation and cooking time: about 1½ hours

ASPARAGUS, FRESH, CLEANED.	**20 POUNDS**	
WATER, BOILING		**2 GALLONS**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Place asparagus in boiling salted water to which sugar has been added.
Cover. Bring to a boil. Cook until tender, about 10 minutes.
Drain asparagus and arrange in serving pans.

MEDIUM-THIN WHITE SAUCE:

MILK, EVAPORATED		**2½ QUARTS**
(WATER FOR MILK)		**2½ QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**10 OUNCES**	**1¼ CUPS**
FLOUR, WHEAT, HARD	**½ POUND**	**1¾ CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter; sitr in flour, salt, and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Pour sauce over asparagus. Serve hot.

Note 1. 35 pounds of fresh asparagus, as purchased, will yield approximately 20 pounds, edible portion.
2. 28 No. 300 cans or 20 pounds of frozen may be substituted for 30 pounds of fresh asparagus.

VARIATION

ASPARAGUS WITH CHEESE SAUCE:

Add gradually 2 quarts (2 pounds) of cubed cheddar cheese to the above white sauce; stir until cheese is melted and pour over drained asparagus.

No. G–3 BAKED BEANS WITH BACON

100 servings
1 cup each
Preparation and cooking time: about 7 hours
Soaking time: 8 hours
Oven temperature: moderate (350° F.)

BEANS, KIDNEY, LIMA, OR NAVY, DRIED	**16 POUNDS**	
WATER, COLD	**5 GALLONS**	

Pick over and wash beans thoroughly.
Cover with cold water.
Soak at least 8 hours. (Rapid method may be used, see note below.)
Do not drain.

WATER, HOT		**TO COVER**

Add additional water if necessary to keep beans covered.
Cover and heat to boiling point; reduce heat and simmer 2 to 3 hours until beans are tender, but not split or mushy.

SALT	**5 OUNCES**	**½ CUP**
SUGAR, BROWN	**1½ POUNDS**	**1 QUART**
MUSTARD, DRY	**2 OUNCES**	**½ CUP**
BACON, SLAB, RIND-OFF, RAW, CHOPPED	**3 POUNDS**	**2¼ QUARTS**
ONIONS, DRY, CHOPPED, (FINE)	**1⅓ POUNDS**	**1 QUART**
CATSUP		**3 QUARTS (1 NO. 10 CAN)**
MOLASSES	**2⅜ POUNDS**	**3 CUPS**
VINEGAR		**⅔ CUP**

Combine the above ingredients. Mix well.
Add to the beans. Mix thoroughly.
Pour into roasting pans. Cover pans.
Bake in oven 3 to 4 hours.
Cover may be removed for the last hour to allow beans to brown.
(Add hot water during baking, if necessary.)

Note. If time does not permit a long soaking period, add the beans to boiling water, approximately 4 gallons, return to a boil and cook for 2 minutes. Remove from heat and allow beans to soak 1 hour, then cook as directed.

No. G–4 BOILED NAVY BEANS

100 servings
¾ cup each
Preparation and cooking time: about 4 hours
Soaking time: 8 hours

BEANS, NAVY	**12 POUNDS**	
WATER, COLD		**4 GALLONS**

Pick over and wash beans thoroughly.
Cover with cold water.
Soak at least 8 hours. (Rapid method may be used, see note below.)
Do not drain.

SALT	**6 OUNCES**	**9 TABLESPOONS**
PEPPER, BLACK	**¼ OUNCE**	**1 TABLESPOON**
SUGAR, GRANULATED	**½ POUND**	**1 CUP**
OR		
MOLASSES	**¾ POUND**	**1 CUP**
BACON, SLAB, RIND-OFF, RAW, CHOPPED	**2 POUNDS**	**1½ QUARTS**

Add salt, pepper, sugar or molasses, and bacon to beans.
Add additional water, if necessary, to keep beans covered.
Cover and heat to boiling point; reduce heat and simmer 2 to 3 hours until beans are tender, but not split or mushy.

Note. If time does not permit a long soaking period, add the beans to boiling water (approximately 4 gallons). Return to a boil and cook for 2 minutes. Remove from heat and allow beans to soak 1 hour; then cook as directed.

VARIATION

BOILED LIMA BEANS:

Follow recipe for boiled navy beans; omit sugar or molasses.

No. G–5 BOSTON BAKED BEANS

100 servings
1 cup each
Preparation and cooking time: about 7 hours
Soaking time: 8 hours
Oven temperature: moderate (350° F.)

BEANS, KIDNEY, LIMA OR NAVY, DRIED	**16 POUNDS**	
WATER, COLD		**5 GALLONS**

Pick over and wash beans thoroughly.
Cover with cold water.

Soak at least 8 hours. (Rapid method may be used; see note below.)
Do not drain.

WATER, HOT	----------	**TO COVER**

Add additional water, if necessary, to keep beans covered.
Cover and heat to boiling point; reduce heat and simmer 2 to 3 hours until beans are tender, but not split or mushy.

BACON, SLAB, RIND-OFF, OFF, RAW, CHOPPED	**4 POUNDS**	**3 QUARTS**

Fry until crisp. Remove from heat.

SALT	**½ POUND**	**¾ CUP**
SUGAR, BROWN	**2 POUNDS**	**1¼ QUARTS**
MUSTARD, DRY	**2 OUNCES**	**½ CUP**
MOLASSES	----------	**1 QUART**
VINEGAR	----------	**½ CUP**

Combine the above ingredients with bacon and fat. Mix well.
Add to the beans.
Pour into greased roasting pans. Cover pans.
Bake in oven 3 to 4 hours.
Cover may be removed for the last hour to allow beans to brown.
(Add hot water during baking, if necessary.)

Note. If time does not permit a long soaking period, add the beans to boiling water (approximately 4 gallons). Return to a boil and cook for 2 minutes. Remove from heat and allow beans to soak 1 hour; then cook as directed.

No. G–6 CREOLE LIMA BEANS (DRIED)

100 servings
⅔ cup each
Preparation and cooking time: about 2¼ hours
Soaking time: 6 hours
Oven temperature: moderate (350° F.)

BEANS, LIMA, DRIED	**12 POUNDS**	
WATER, COLD	----------	**4 GALLONS**

Pick over and wash beans thoroughly.
Cover with cold water.
Soak at least 6 hours.
Do not drain.

ONIONS, DRY CHOPPED (FINE)	**½ POUND**	**1½ CUPS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
WATER, HOT	----------	**TO COVER**

Add onions and salt to beans.
Add additional water, if necessary, to keep beans covered.
Cover and heat to boiling point; reduce heat and simmer 1½ hours until beans are tender, but not split or mushy.

BACON, SLAB, RIND-OFF, RAW, CHOPPED	**2 POUNDS**	**1½ QUARTS**
TOMATOES, CANNED	**6½ POUNDS**	**3 QUARTS (1 NO. 10 CAN)**
CHILI SAUCE	**1½ POUNDS**	**2 CUPS**
SUGAR, BROWN	**½ POUND**	**1⅓ CUPS**
PEPPER, BLACK		**½ TEASPOON**

Cook bacon until crisp.
Add bacon, bacon fat, and the remaining ingredients to beans.
Pour into roasting pans.
Bake in oven 1 hour. (Add hot water during baking, if necessary.)

No. G–7 SIMMERED BACKEYED PEAS

100 servings
⅔ cup each
Preparation and cooking time: about 2 hours
Soaking time: ½ hour

PEAS, BLACK EYED, DRIED	**9 POUNDS**	
WATER, BOILING		**3 GALLONS**

Pick over and wash peas thoroughly.
Cover with boiling water. Soak ½ hour.
Do not drain.

HAM BONES AND HOCKS	**6–8 POUNDS**	
OR		
BACON, SLAB, RIND-OFF, RAW, CHOPPED	**3 POUNDS**	**2¼ QUARTS**
SALT	**5 OUNCES**	**½ CUP**
PEPPER, CAYENNE		**½ TEASPOON**
WATER, HOT		**TO COVER**

Add ham bones and hocks or bacon, salt, and pepper to peas.
Add additional water, if necessary, to keep peas covered.
Cover and heat to boiling point; reduce heat and simmer 1½ hours until peas are tender, but not split or mushy.

No. G–8 SPANISH STYLE KIDNEY BEANS

100 servings
¾ cup each
Preparation and cooking time: about 4½ hours
Soaking time: about 8 hours
Oven temperature: moderate (350° F.)

BEANS, KIDNEY	**12 POUNDS**	
WATER, COLD		**4 GALLONS**

Pick over and wash beans thoroughly. Cover with cold water. Soak at least 8 hours. (Rapid method may be used; see note below.) Do not drain.

SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**
WATER, HOT		**TO COVER**

Add salt and sugar to beans.
Add additional water, if necessary, to keep beans covered.
Cover and heat to boiling point; reduce heat and simmer 1½ hours until beans are tender, but not split or mushy.

BACON, SLAB, RIND-OFF, RAW, CHOPPED	**2½ POUNDS**	**1¾ QUARTS**
ONIONS, DRY, CHOPPED, (FINE)	**2½ POUNDS**	**1¾ QUARTS**
PEPPERS, SWEET, FRESH, CHOPPED, (FINE)	**1 POUND**	**¾ QUART**
SALT	**5 OUNCES**	**½ CUP**
PEPPER, BLACK		**1½ TEASPOONS**
PAPRIKA		**2 TEASPOONS**
GARLIC, CHOPPED, (FINE) (OPTIONAL)	**¼ OUNCE**	**2 CLOVES**
STOCK OR WATER		**1½ QUARTS**
TOMATO PASTE	**3½ POUNDS**	**1½ QUARTS (½ NO. 10 CAN)**

Combine above ingredients.
Add to beans; mix well.
Pour into roasting pans.
Bake in oven 1½ to 2 hours. (Add hot water during baking, if necessary.)

Note. If time does not permit a long soaking period, add the beans to boiling water (approximately 4 gallons). Return to a boil and cook for 2 minutes. Remove from heat and allow beans to soak 1 hour; then cook as directed.

No. G–9 BUTTERED BEANS, GREEN OR WAX (CANNED, FRESH, OR FROZEN)

100 servings
½ cup each
Preparation and cooking time: about ½ hour—canned
1½ hours—fresh
½–1 hour—frozen

BEANS, GREEN OR WAX, CANNED	**26 POUNDS**	**3 GALLONS (4 NO. 10 CANS)**

Heat beans in own liquid. Drain and reserve 2 cups of liquid for seasoning.

OR

BEANS, GREEN OR WAX, FRESH, CLEANED	**20 POUNDS**

Wash beans thoroughly. Break off stem ends. Cut or break into desired lengths.

OR

BEANS, GREEN OR WAX, FROZEN	**20 POUNDS**

(To prepare fresh and frozen)

WATER, BOILING		**1 GALLON**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Add beans to boiling salted water to which sugar has been added. Bring to a boil. Cook until tender, about 15 to 20 minutes for fresh and 5 minutes for frozen. (Stir once to insure even cooking.)
Drain and reserve 2 cups of cooking liquid for seasoning.
SEASON: (canned, fresh, and frozen)
Place beans in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter in bean liquid. Add pepper. (Add 3 tablespoons of salt to canned beans.)
Pour over beans. Serve hot.

Note. 23 pounds of fresh beans, green or wax, will yield approximately 20 pounds, edible portion.

No. G–10 CREAMED GREEN BEANS

100 servings
½ cup each
Preparation and cooking time: about ½ hour

BEANS, GREEN, FRESH, CLEANED	**20 POUNDS**	
WATER, BOILING		**1 GALLON**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Wash beans thoroughly. Break off stem ends. Cut or break into desired lengths.
Add beans to boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Cook until tender, 15 to 20 minutes.
Drain beans and place in serving pans.

MEDIUM-THIN WHITE SAUCE:

MILK, EVAPORATED		**3 QUARTS**
(WATER FOR MILK)		**3 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**¾ POUND**	**1½ CUPS**
FLOUR, WHEAT, HARD	**9 OUNCES**	**2 CUPS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter; stir in flour, salt, and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes, or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce thickness of sauce).
Pour sauce over beans. Serve hot.
Sprinkle with nutmeg or chopped nuts.

Note 1. 4 No. 10 cans (3 gals) of beans or 20 pounds of frozen may be substituted for fresh beans.
2. 23 pounds of fresh green beans, as purchased, will yield approximately 20 pounds, edible portion.

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No. G–11 GREEN BEANS AND BACON

100 servings
½ cup each
Preparation and cooking time: about 1 hour

BEANS, GREEN, FROZEN	**20 POUNDS**	
WATER, BOILING		**1 GALLON**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Break solid block of beans into 4 or 5 pieces. Remove from package.
Add frozen beans to boiling salted water to which sugar has been added.
Bring to a boil. Cook until tender (about 5 min.).
Drain, reserve 1 quart of liquid for seasoning.

BACON, SLAB, RIND-OFF, RAW, CHOPPED	**2 POUNDS**	**1½ QUARTS**
ONIONS, DRY, CHOPPED (FINE)	**½ POUND**	**1½ CUPS**

Fry bacon, add onions; and cook until light yellow.

PEPPER, BLACK		**1 TEASPOON**

Add beans, bean liquid, and pepper to bacon mixture; mix lightly.
Cover; bring to a boil; and simmer about 5 minutes.

Note. 4 No. 10 cans (3 gals) of beans or 21 pounds of fresh, as purchased, may be substituted for frozen beans. Use drained liquid for seasoning.

No. G–12 GREEN BEANS WITH TOMATOES AND ONIONS

100 servings
½ cup each
Preparation and cooking time: about 1 hour

BACON, FAT	**½ POUND**	**1 CUP**
ONIONS, DRY, CHOPPED (FINE)	**2 POUNDS**	**1½ QUARTS**

Cook onions in hot bacon fat until light yellow.

TOMATOES, CANNED	**6½ POUNDS**	**3 QUARTS (1 NO. 10 CAN)**
SALT	**2 OUNCES**	**3 TABLESPOONS**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**
PEPPER, BLACK		**2 TEASPOONS**
CLOVES, GROUND		**2 TEASPOONS**

Add tomatoes and seasoning to onions.
Bring to a boil and simmer 2 minutes.

BEANS, GREEN, CANNED	**26 POUNDS**	**3 GALLONS (4 NO. 10 CANS)**

Heat beans in own liquid. Drain.
Pour tomato mixture over beans; mix lightly.
Serve hot.

Note. 20 pounds of frozen beans may be substituted for canned beans.

No. G–13 LYONNAISE GREEN BEANS

100 servings
½ cup each
Preparation and cooking time: about 1 hour

BEANS, GREEN, FROZEN	**20 POUNDS**	
WATER, BOILING		**1 GALLON**
SALT	**3 OUNCES**	**4½ TABLESPOONS**

Break solid block of beans into 4 or 5 pieces. Remove from package.
Add frozen beans to boiling salted water.
Cover. Bring to a boil. Cook until tender, about 5 minutes.
Drain beans, reserve 1 quart of liquid for seasoning.

ONIONS, DRY, SLICED, (THIN)	**2 POUNDS**	**2 QUARTS**
BUTTER	**1 POUND**	**2 CUPS**

Cook onions in butter until light yellow.

SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Add onions, salt, pepper, and bean liquid to beans; mix lightly.
Simmer 5 minutes to increase flavor.
Serve hot.

Note. 4 No. 10 cans (3 gals) of beans may be substituted for frozen beans. Use drained liquid for seasoning.

No. G–14 BUTTERED LIMA BEANS, CANNED OR FROZEN

100 servings
½ cup each
Preparation and cooking time: about 1 hour

LIMA BEANS, CANNED	**26¼ POUNDS**	**3 GALLONS (4 NO. 10 CANS)**

Heat lima beans in own liquid. Drain; reserve 2 cups of liquid for seasoning.

OR

LIMA BEANS, FROZEN	**20 POUNDS**	
WATER, BOILING		**1½ GALLONS**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**2 OUNCES**	**¼ CUP**

Break solid block of vegetable in 4 or 5 pieces. Remove from package.
Add frozen beans to boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Reduce heat and cook 15 to 20 minutes until tender. Avoid over cooking.
Drain; reserve 2 cups of liquid for seasoning.
Place beans in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter in lima bean liquid; add pepper. (Add 3 tablespoons of salt and ¼ cup of sugar, granulated (optional) to the canned lima beans).
Pour over beans.
Serve hot.

No. G–15 CREAMED LIMA BEANS

100 servings
½ cup each
Preparation and cooking time: about 1 hour

LIMA BEANS, FROZEN	**20 POUNDS**	
WATER, BOILING		**1½ GALLONS**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**2 OUNCES**	**¼ CUP**

Break solid block of vegetables in 4 or 5 pieces. Remove from package.
Add frozen beans to boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Reduce heat and cook 15 to 20 minutes until tender. Avoid over-cooking.
Drain beans; reserve 2 quarts of liquid for sauce.
Place beans in serving pans.

MEDIUM-THIN WHITE SAUCE:

MILK, EVAPORATED		**2 QUARTS**
(WATER OR BEAN LIQUID FOR MILK)		**2 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**½ POUND**	**1 CUP**
FLOUR, WHEAT, HARD	**½ POUND**	**1¾ CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**
PIMIENTOS, CHOPPED, (FINE), (OPTIONAL)		**1 CUP (1 7-OUNCE CAN)**

Melt butter, stir in flour, salt and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes, or until thickened.
Stir gently to prevent scorching. (Vigorous stirring will reduce thickness of the sauce.)
Pour sauce over beans and garnish with pimiento. Serve hot.

Note. 4 No. 10 cans (3 gals) of lima beans may be substituted for frozen lima beans.

No. G–16 BUTTERED BEETS, CANNED OR FRESH

100 servings
3–4 slices each
Preparation and cooking time: about ½ hour—canned
2 hours—fresh

BEETS, CANNED, SLICED	**26 POUNDS**	**3 GALLONS (4 NO. 10 CANS)**

Heat beets in own liquid. Drain; reserve 2 cups of liquid for seasoning.

OR

BEETS, FRESH, WITHOUT TOPS	**23 POUNDS**	
WATER, BOILING		**3 GALLONS**
SALT	**10 OUNCES**	**1 CUP**

Wash beets thoroughly.
Add beets to boiling salted water. Bring to a boil.
Cook until tender (about 1 hour).
Drain, peel and slice.
Arrange beets in serving pans.

BUTTER	¾ POUND	1½ CUPS
SALT	2 OUNCES	3 TABLESPOONS
PEPPER, BLACK		1 TEASPOON

Melt butter in canned beet liquid or 2 cups of hot water and pour over beets.
Sprinkle with salt and pepper.
Serve hot.

Note 1. 23 pounds of fresh beets without tops, as purchased, will yield approximately 18 pounds, edible portion.

2. Fresh beets may be prepared in a steamer. Wash beets thoroughly and place in baskets. Steam until tender, 1 to 1½ hours. Peel and slice.

No. G–17 HARVARD BEETS WITH VARIATION

100 servings
3–4 slices beets } each
2 tablespoons sauce }
Preparation and cooking time: about 1 hour

BEETS, FRESH, WITHOUT TOPS	23 POUNDS	
WATER, BOILING		3 GALLONS
SALT	10 OUNCES	1 CUP

Wash beets thoroughly.
Add beets to boiling salted water. Bring to a boil.
Cook until tender (about 1 hour) or cook in steamer for 1 to 1½ hours.
Drain, peel, and slice or dice.

SAUCE:

WATER		2¾ QUARTS
CLOVES, WHOLE	¼ OUNCE	1 TABLESPOON

Add cloves to water; bring to a boil; cook 5 minutes, and remove cloves.

SUGAR, GRANULATED	1 POUND	2¼ CUPS
SALT	2 OUNCES	3 TABLESPOONS
CORNSTARCH	5 OUNCES	1 CUP

Mix together, stir into boiling liquid.
Cook until clear and thickened (about 5 minutes), stirring constantly.

VINEGAR		1½ CUPS
BUTTER	½ POUND	1 CUP

Add vinegar and butter to sauce, stirring constantly until butter melts.
Pour over hot beets.

VARIATION

BEETS IN ORANGE-LEMON SAUCE:

Follow recipe for Harvard Beets, substituting ½ cup of lemon juice, ¼ cup grated lemon rind, and 2 cups of orange juice for 1½ cups of vinegar.

Note 1. 4 No. 10 cans (3 gals.) of beets may be substituted for fresh beets. Use liquid from canned beets for heating beets and making sauce.

2. 23 pounds of fresh beets without tops, as purchased, will yield approximately 18 pounds, edible portion.

No. G–18 PICKLED BEETS

100 servings
3–4 slices each
4 tablespoons juice } each

Preparation and cooking time: about 1 hour

BEETS, FRESH WITHOUT TOPS	**23 POUNDS**	
WATER, BOILING	----------	**3 GALLONS**
SALT	**10 OUNCES**	**1 CUP**

Wash thoroughly.
Add beets to boiling salted water. Bring to a boil.
Cook until tender (about 1 hour) or cook in steamer for 1 to 1½ hours.
Drain, peel, and slice.

BEET LIQUID OR WATER	----------	**1 GALLON**
CLOVES, WHOLE	**¼ OUNCE**	**1 TABLESPOON**

Add cloves to water; bring to a boil; cook 5 minutes; and remove cloves.

SUGAR, BROWN	**1 POUND**	**2¾ CUPS**
SUGAR, GRANULATED	**1 POUND**	**2¼ CUPS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
CINNAMON, GROUND	----------	**2 TEASPOONS**
VINEGAR	----------	**¾ QUART**

Mix together; add to boiling liquid; cook 10 minutes. Pour over beets.

ONIONS, DRY, SLICED, (THIN)	**1 POUND**	**1 QUART**

Add onions and chill thoroughly before serving.

Note 1. 4 No. 10 cans (3 gals.) of beets may be substituted for fresh beets. Use drained liquid for sauce.

2. 23 pounds of fresh beets without tops, as purchased, will yield approximately 18 pounds, edible portion.

No. G–19 BUTTERED BROCCOLI, FRESH OR FROZEN, WITH VARIATIONS

100 servings
3 pieces each
Preparation and cooking time: about 1 hour—fresh
½ hour—frozen

BROCCOLI, FRESH, CLEANED	**20 POUNDS**	
WATER, BOILING		**4 GALLONS**
SALT	**10 OUNCES**	**1 CUP**

Trim off large green leaves and tough ends of stems.
Peel fibrous part of stalk. Split large flowerets on stalks.
Soak broccoli in cold salted water for 30 minutes. Rinse in cold water.
Drain.

OR

BROCCOLI, FROZEN	**20 POUNDS**	
WATER, BOILING		**3 QUARTS**
SALT	**5 OUNCES**	**½ CUP**

Defrost broccoli under a spray of water or let stand at room temperature just long enough to pull the pieces apart.
Add broccoli to boiling salted water. Bring to a boil.
Cook until tender (7 to 8 minutes). Avoid overcooking.
Drain carefully; reserve 2 cups of liquid for seasoning.
Arrange in serving pans.

BUTTER	**1 POUND**	**2 CUPS**

Melt butter in cooking liquid. Pour over broccoli.
Serve hot.

Note 1. Frozen broccoli may be prepared in steamer. Place broccoli in single layer in basket, about 6 pounds per basket. Steam approximately 10 minutes.

2. 30 pounds of fresh broccoli, as purchased, will yield approximately 20 pounds, edible portion.

VARIATIONS

BROCCOLI WITH BUTTERED CRUMBS:

BREAD CRUMBS, DRY, GROUND	**1½ POUNDS**	**1½ QUARTS**
BUTTER, MELTED	**¾ POUND**	**1½ CUPS**

Mix crumbs and butter. Spread on baking sheet.
Brown in hot oven (450° F.) about 2 minutes.
Sprinkle over hot broccoli.

BROCCOLI WITH CHEESE SAUCE:

Add gradually 2 quarts (2 pounds) of cubed Cheddar cheese to 1¼ gallons of medium white sauce (see recipe No. G–55). Stir until cheese is melted and pour over drained broccoli.

CREAMED BROCCOLI:

Serve drained broccoli with 1¼ gallons of medium-thin white sauce (see recipe No. G–2 for sauce).

No. G–20 BUTTERED BRUSSELS SPROUTS, FRESH OR FROZEN, WITH VARIATION

100 servings
½ cup each
Preparation and cooking time: about 2 hours—fresh
¾ hour—frozen

BRUSSELS SPROUTS, FRESH, CLEANED	**20 POUNDS**	
WATER, BOILING		**3 GALLONS**
SALT	**½ POUND**	**¾ CUP**
SUGAR, GRANULATED	**6 OUNCES**	**¾ CUP**

Trim off stems; remove wilted outer leaves.
Let the sprouts stand in cold salted water 10 to 15 minutes.
Rinse thoroughly in cold running water.

OR

BRUSSELS SPROUTS, FROZEN	**20 POUNDS**	
WATER, BOILING		**1 GALLON**
SALT	**4 OUNCES**	**6 TABLESPOONS**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Add sprouts to boiling salted water to which sugar has been added.
Bring to a boil.
Cook uncovered until tender: 10 to 20 minutes for fresh; or 10 to 15 minutes for frozen.
Drain; reserve 2 cups of liquid for seasoning.
Place in serving pans.

BUTTER	**1 POUND**	**2 CUPS**

Melt butter in cooking liquid.
Pour over Brussels sprouts. Serve at once.

Note. 28 pounds of fresh Brussels sprouts, as purchased, will yield approximately 20 pounds, edible portion.

VARIATION

CREAMED BRUSSELS SPROUTS:

Serve drained Brussels sprouts with 1 gallon of medium-thin white sauce (see recipe No. G–10 for 1 gallon of sauce).

No. G–21 BUTTERED CABBAGE

100 servings
1 wedge each
Preparation and cooking time: about 1 hour

CABBAGE, TRIMMED	**20 POUNDS**	
WATER, BOILING		**4 GALLONS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Remove coarse outer leaves and bottom core.
Wash cabbage; cut heads into quarters; (remove hard centers) and then into wedges.
Add cabbage to boiling salted water to which sugar has been added.
Cover. Bring to a boil; reduce heat; simmer 8 to 10 minutes until cabbage is tender.
Avoid overcooking. If cooked properly cabbage should be light green or white and almost crisp in appearance.
Drain; reserve 2 cups of liquid for seasoning.
Place in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter in cooking liquid; add pepper.
Pour over cabbage.

FOR STEAMER:

Place cabbage wedges in two layers in baskets.
Steam until tender (10 to 15 minutes).

BUTTER	**1 POUND**	**2 CUPS**
SALT	**2½ OUNCES**	**4 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter; add salt and pepper.
Pour over cabbage.

Note. 25 pounds of cabbage, as purchased, will yield approximately 20 pounds, edible portion.

No. G–22 CABBAGE AND BACON

100 servings
½ cup each
Preparation and cooking time: about 1 hour

CABBAGE, TRIMMED	**20 POUNDS**	
WATER, BOILING		**2 QUARTS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Wash cabbage; cut heads in quarters; and remove hard center. Shred.
Add cabbage to boiling salted water to which sugar has been added.
Cover. Bring to a boil; reduce heat; simmer 8 to 10 minutes, until cabbage is tender.
Avoid overcooking. If cooked properly cabbage should be light green or white and almost crisp in appearance.
Drain; reserve 2 cups of liquid for seasoning.
Place in serving pans.

BACON, SLAB, RIND-OFF, RAW, CHOPPED	**1 POUND**	**¾ QUART**
PEPPER, BLACK	**½ OUNCE**	**2 TABLESPOONS**

Fry bacon until lightly crisp.
Drain; reserve drippings. Add bacon to cabbage.
Combine bacon drippings, 2 cups of cabbage liquid, and pepper.
Pour over cabbage.
Toss lightly.

Note. 25 pounds of cabbage, as purchased, will yield approximately 20 pounds, edible portion.

No. G–23 CABBAGE AU GRATIN

100 servings
½ cup each
Preparation and cooking time: about 1½ hours
Oven temperature: hot (400° F.)

CABBAGE, TRIMMED	**13 POUNDS**	
WATER, BOILING		**1½ QUARTS**
SALT	**3 OUNCES**	**4 TABLESPOONS**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Wash cabbage; cut heads in quarters; remove hard centers.
Shred.
Add cabbage to boiling salted water to which sugar has been added.
Cover. Bring to a boil; reduce heat; simmer 8 to 10 minutes until cabbage is tender.

Avoid overcooking. If cooked properly, cabbage should be light green or white and almost crisp in appearance.
Drain. Place in greased roasting pans.

CHEESE SAUCE:

MILK, EVAPORATED		**2 QUARTS**
(WATER FOR MILK)		**2 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**¾ POUND**	**1½ CUPS**
FLOUR, WHEAT, HARD	**9 OUNCES**	**2 CUPS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter; stir in flour; add salt and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).

CHEESE, CHEDDAR, PROCESSED, CUBED	**1½ POUNDS**	**1½ QUARTS**

Add cheese gradually to the sauce; stir until cheese is melted.
Pour sauce over cabbage.

BREAD CRUMBS, DRY, GROUND	**1 POUND**	**1 QUART**
BUTTER, MELTED	**½ POUND**	**1 CUP**

Mix crumbs and butter.
Sprinkle over top of cabbage mixture.
Bake in oven until brown (about 20 minutes).
Garnish with parsley.

Note. 16 pounds of cabbage, as purchased, will yield approximately 13 pounds, edible portion.

No. G–24 CREAMED CABBAGE

100 servings
½ cup each
Preparation and cooking time: about 1 hour

CABBAGE, TRIMMED	**13 POUNDS**	
WATER, BOILING		**2 GALLONS**
SALT	**3 OUNCES**	**4 TABLESPOONS**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Wash cabbage; cut heads in quarters; (remove hard center) and then in wedges.
Add cabbage to boiling salted water to which sugar has been added.
Cover. Bring to a boil; reduce heat; simmer 8 to 10 minutes until tender.
Avoid overcooking. If cooked properly, cabbage should be light green or white and almost crisp in appearance.
Drain. Place in serving pans.

MEDIUM-THIN WHITE SAUCE:

MILK, EVAPORATED	----------	**2 QUARTS**
(WATER FOR MILK)	----------	**2 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**¾ POUND**	**1½ CUPS**
FLOUR, WHEAT, HARD	**9 OUNCES**	**2 CUPS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK	----------	**1 TEASPOON**
NUTMEG, GROUND (OPTIONAL)	----------	**1 TEASPOON**

Melt butter; stir in flour, salt, pepper, and nutmeg.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook until thickened (5 to 10 minutes).
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Pour sauce over cabbage.

Note. 16 pounds of cabbage, as purchased, will yield approximately 13 pounds, edible portion.

No. G–25 FRIED CABBAGE

100 servings
½ cup each
Preparation and cooking time: about 1½ hours

CABBAGE, TRIMMED	**20 POUNDS**	
BUTTER	**1 POUND**	**2 CUPS**
SALT	**5 OUNCES**	**½ CUP**
PEPPER, BLACK	**¼ OUNCE**	**1 TABLESPOON**

Wash cabbage, cut heads in quarters; and remove hard centers.
Shred.
Divide cabbage, butter, and seasoning into two batches.
Melt butter in roasting pan on top of range.

Add one batch of cabbage and seasonings.
Fry over medium heat until tender (about 20 minutes).
Stir frequently to avoid scorching.
Fry other batch. Serve hot.

Note. 25 pounds of cabbage, as purchased, will yield approximately 20 pounds, edible portion.

No. G–26 SPICED RED CABBAGE

100 servings
½ cup each
Preparation and cooking time: about 2 hours

RED CABBAGE, TRIMMED, SHREDDED	**20 POUNDS**	
APPLES, SOUR, PEELED, TRIMMED, CHOPPED	**2 POUNDS**	**8 MEDIUM**
LEMON JUICE		**4 TABLESPOONS**
WATER, BOILING		**4 GALLONS**

Add cabbage, apples, and juice to boiling water.
Cook until tender (about 1 hour).
Drain.

SAUCE:

SUGAR, BROWN	**1 POUND**	**2¾ CUPS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
CLOVES, GROUND	**¼ OUNCE**	**1 TABLESPOON**
VINEGAR		**¾ QUART**
BACON FAT	**1½ POUNDS**	**¾ QUART**

Mix dry ingredients; add vinegar and fat.
Cook 10 minutes.
Pour over cabbage. Let stand for 15 minutes.
Toss lightly before serving.

Note. 25 pounds of red cabbage as purchased, will yield approximately 20 pounds, edible portion.

No. G–27 BUTTERED CARROTS AND PEAS

100 servings
½ cup each
Preparation and cooking time: about 1 hour

CARROTS, FRESH, CLEANED, SLICED	**7 POUNDS**	
WATER, BOILING		**1 QUART**

SALT	**2 OUNCES**	**3 TABLESPOONS**
SUGAR, GRANULATED	**1 OUNCE**	**2 TABLESPOONS**

Wash carrots; pare or scrape. Cut in thin slices.
Add carrots to boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Cook until tender (about 15 minutes).
Drain; reserve 1 cup of liquid for seasoning.

PEAS, CANNED	**17½ POUNDS**	**7½ QUARTS (2½ NO. 10 CANS)**

Heat peas in own liquid. Drain, reserve 1 cup of liquid.
Add carrots and peas together. Mix lightly.
Place in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
SUGAR, GRANULATED	**2 OUNCES**	**¼ CUP**
PEPPER, BLACK		**½ TEASPOON**

Melt butter in 2 cups of vegetable liquid.
Add sugar, salt, and pepper.
Pour over vegetables.

Note 1. 1½ No. 10 cans (4½ quarts) of carrots may be substituted for fresh carrots.
8 pounds of carrots without tops, as purchased, will yield approximately 7 pounds, edible portion.
12½ pounds of frozen peas may be substituted for canned peas.

No. 28 BUTTERED CARROTS AND VARIATIONS

100 servings
½ cup each
Preparation and cooking time: about 1½ hours

CARROTS, FRESH, CLEANED	**19 POUNDS**	
WATER, BOILING		**3 QUARTS**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Wash carrots; pare or scrape. Cut in strips 2 inches long, or in thin slices.
Add carrots to boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Cook until tender (15 to 25 minutes, depending on piece size).
Drain; reserve 2 cups of liquid for seasoning.
Place in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
SALT	**1 OUNCE**	**1½ TABLESPOONS**
SUGAR, GRANULATED	**2 OUNCES**	**¼ CUP**

Melt butter in cooking liquid, add sugar and salt.
Pour over carrots. Serve hot.

FOR STEAMER:

Place cleaned, cut, or sliced carrots in baskets.
Steam until tender (about 25 minutes).
Place in serving pans.
Mix 2 cups of hot water with butter and seasoning.
Pour over carrots. Serve hot.

Note 1. 4 No. 10 cans (3 gals.) of carrots may be substituted for fresh carrots,
2. 23 pounds of fresh carrots without tops, as purchased, will yield approximately 19 pounds, edible portion.

VARIATIONS

BUTTERED CARROTS WITH GREEN ONIONS:

Sprinkle buttered carrots with ½ pound (2 cups) chopped green onions just before serving.

BUTTERED CARROTS WITH PARSLEY:

Sprinkle buttered carrots with 1 ounce (½ cup) chopped parsley just before serving.

No. G–29 CREAMED CARROTS

100 servings
½ cup each
Preparation and cooking time: about 1½ hours

CARROTS, FRESH, CLEANED	**19 POUNDS**	
WATER, BOILING		**3 QUARTS**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Wash carrots; pare or scrape. Cut in thin slices.
Add carrots to boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Cook until tender (about 15 minutes).
Drain. Place in serving pans.

MEDIUM-THIN WHITE SAUCE:

MILK, EVAPORATED		**3 QUARTS**
(WATER FOR MILK)		**3 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**¾ POUND**	**1½ CUPS**
FLOUR, WHEAT, HARD	**9 OUNCES**	**2 CUPS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter; stir in flour, salt, and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes, or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Pour sauce over carrots. Serve hot.

Note 1. 4 No. 10 cans (3 gals.) of carrots may be substituted for fresh carrots.
2. 23 pounds of carrots without tops, as purchased, will yield approximately 19 pounds, edible portion.

No. G–30 CREAMED CARROTS AND PEAS

100 servings
½ cup each
Preparation and cooking time: about 1 hour

CARROTS, FRESH, CLEANED, SLICED	**7 POUNDS**	
WATER, BOILING		**1 QUART**
SALT	**2 OUNCES**	**3 TABLESPOONS**
SUGAR, GRANULATED	**1 OUNCE**	**2 TABLESPOONS**

Wash carrots; pare or scrape. Cut in thin slices.
Add carrots to boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Cook until tender (about 15 minutes).
Drain.

PEAS, CANNED	**17½ POUNDS**	**7½ QUARTS (2½ NO. 10 CANS)**

Heat peas in own liquid. Drain.

MEDIUM-THIN WHITE SAUCE:

MILK, EVAPORATED		**3 QUARTS**
(WATER FOR MILK)		**3 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	¾ POUND	1½ CUPS
FLOUR, WHEAT, HARD	9 OUNCES	2 CUPS
SALT	3 OUNCES	4½ TABLESPOONS
PEPPER, BLACK	¼ OUNCE	1 TABLESPOON

Melt butter; stir in flour, salt, and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook until thickened (5 to 10 minutes).
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Combine carrots, peas, and sauce.

Note 1. 1½ No. 10 cans (4½ quarts) of carrots may be substituted for fresh carrots.
2. 8 pounds of carrots without tops, as purchased, will yield approximately 7 pounds, edible portion.

No. G–31 GLAZED CARROTS

100 servings
½ cup each
Preparation and cooking time: about 2 hours
Oven temperature: hot (400° F.)

CARROTS, FRESH, CLEANED	19 POUNDS	
WATER, BOILING		3 QUARTS
SALT	2 OUNCES	3 TABLESPOONS

Wash carrots; pare or scrape. Cut in quarters.
Add carrots to boiling salted water.
Cover. Bring to a boil.
Cook until tender (about 15 minutes).
Drain; reserve 2 cups of liquid for glaze.
Place carrots in greased roasting pan.

SUGAR, GRANULATED	2½ POUNDS	5½ CUPS
SALT	1½ OUNCES	2 TABLESPOONS
BUTTER	1 POUND	2 CUPS

Add sugar and salt to cooking liquid.
Cook about 3 minutes until a thin sirup is formed.
Melt butter in hot sirup; pour over carrots.
Bake in oven 30 minutes.
Baste frequently to insure an even glaze.

Note 1. 4 No. 10 cans (3 gals.) of carrots may be substituted for fresh carrots. Use drained liquid for glaze.
2. 23 pounds of carrots without tops, as purchased, will yield approximately 19 pounds, edible portion.

No. G–32 LYONNAISE CARROTS

100 servings
½ cup each
Preparation and cooking time: about 2 hours
Oven temperature: hot (400° F.)

CARROTS, FRESH, CLEANED	**19 POUNDS**	
WATER, BOILING		**3 QUARTS**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Wash carrots; pare or scrape. Cut in strips 2 inches long.
Add carrots to boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Cook until tender (about 15 minutes).
Drain. Place in roasting pan.

ONIONS, DRY CHOPPED	**1 POUND**	**¾ QUART**
BUTTER	**1 POUND**	**2 CUPS**

Cook onions in butter until light yellow.
Spread onions and butter over carrots.

SALT	**1 OUNCE**	**1½ TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Sprinkle salt and pepper evenly on top of onions.
Bake in oven 30 minutes.
Stir, if necessary, after baking 15 minutes.

PARSLEY, FRESH, CHOPPED (FINE)	**1 OUNCE**	**½ CUP**

Sprinkle parsley over carrots before serving.

Note 1. 4 No. 10 cans (3 gals.) of carrots may be substituted for fresh carrots.
2. 23 pounds of carrots without tops, as purchased, will yield approximately 19 pounds, edible portion.

No. G–33 BUTTERED CAULIFLOWER WITH VARIATIONS

100 servings
½ cup each
Preparation and cooking time: about 1 hour

CAULIFLOWER, FRESH, CLEANED OR FROZEN	**20 POUNDS**	
WATER, BOILING		**3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Clean fresh cauliflower. Cut off green leaves and peel stalks.
Break off large flowerets; cut solid part of head and stalk in 1-ounce pieces.
Soak cauliflower in cold salted water for 30 minutes.
Rinse in cold water. Drain.
Add cauliflower to boiling salted water. Cover.
Bring to a boil. Cook only until crisp-tender (8 to 10 minutes). Avoid overcooking.
Drain.
Arrange in serving pans.

BUTTER, MELTED	**¾ POUND**	**1½ CUPS**
SALAD OIL	**1 POUND**	**2 CUPS**

Mix butter and oil; pour over cauliflower.

FOR STEAMER:

Place frozen cauliflower in single layer in basket, about 5 pounds per basket; steam approximately 5 minutes.

Note. 50 pounds of fresh cauliflower, as purchased, will yield approximately 20 pounds, edible portion. The green leaves are edible and are cooked with the center, or curd, or separately, and seasoned with butter.

VARIATIONS

CAULIFLOWER WITH BUTTERED CRUMBS:

BREAD CRUMBS, DRY, GROUND	**1 POUND**	**1 QUART**
BUTTER, MELTED	**½ POUND**	**1 CUP**

Mix crumbs and butter. Spread on baking sheet.
Brown in hot oven (450° F.) about 2 minutes.
Sprinkle over hot cauliflower.

PAPRIKA CAULIFLOWER:

Sprinkle buttered cauliflower with ½ ounce (2 tablespoons) of paprika.

PARSLEY CAULIFLOWER:

Sprinkle buttered cauliflower with 2 ounces (1 cup) finely chopped parsley.

No. G–34 CAULIFLOWER AU GRATIN

100 servings
¾ cup each
Preparation and cooking time: about 1½ hours
Oven temperature: moderate (350° F.)

CAULIFLOWER, FRESH, CLEANED OR FROZEN	**20 POUNDS**	
WATER, BOILING		**3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Clean cauliflower (see recipe No. G–33).
Add cauliflower to boiling salted water.
Cover. Bring to a boil.
Cook only until crisp-tender (8 to 10 minutes). Avoid overcooking.
Drain. Arrange in greased roasting pans.

CHEESE SAUCE:

MILK, EVAPORATED		**2½ QUARTS**
(WATER FOR MILK)		**2½ QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**10 OUNCES**	**1¼ CUPS**
FLOUR, WHEAT, HARD	**½ POUND**	**1¾ CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**1½ TEASPOONS**

Melt butter; stir in flour; add salt and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes or until thickened. Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).

CHEESE, CHEDDAR, PROCESSED, CUBED	**2 POUNDS**	**2 QUARTS**
PIMIENTOS, CHOPPED	**3 OUNCES**	**¼ CUP**

Add cheese and pimientos to the sauce; stir until cheese is melted.
Pour sauce over cauliflower.

BREAD CRUMBS, DRY, GROUND	**1 POUND**	**1 QUART**
BUTTER, MELTED	**½ POUND**	**1 CUP**

Mix crumbs and butter.
Sprinkle over top of cauliflower mixture.
Bake in oven (400° F.) until brown.
Garnish with parsley.

Note. 50 pounds of fresh cauliflower, as purchased, will yield approximately 20 pounds, edible portion.

No. G–35 FRENCH FRIED CAULIFLOWER

100 servings
½ cup each
Preparation and cooking time: about 1 hour

CAULIFLOWER, FRESH CLEANED OR FROZEN	**20 POUNDS**	
WATER, BOILING		**3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Clean cauliflower (see recipe No. G–33).
Add cauliflower to boiling salted water.
Cover. Bring to a boil.
Cook only until crisp-tender (8 to 10 minutes). Avoid overcooking.
Drain.

EGGS, WHOLE, BEATEN	**1 POUND**	**2 CUPS (10 EGGS)**
MILK, EVAPORATED		**2 CUPS**
(WATER FOR MILK)		**2 CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK	**¼ OUNCE**	**1 TABLESPOON**

Combine eggs, milk, salt, and pepper.
Dip cauliflower in mixture.

BREAD CRUMBS, DRY, GROUND	**2 POUNDS**	**2 QUARTS**
FLOUR, WHEAT, HARD	**2¼ POUNDS**	**2 QUARTS**

Roll cauliflower in mixture of crubs and flour.

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (375° F.) until golden brown.

Note. 50 pounds of fresh cauliflower, as purchased, will yield approximately 20 pounds, edible portion.

No. G–36 BRAISED CELERY

100 servings
½ cup each
Preparation and cooking time: about 1½ hours

CELERY, CLEANED **22 POUNDS**

Cut celery stalks in 1-inch pieces.

ONIONS, DRY, CHOPPED, (FINE)	**1 POUND**	**¾ QUART**
BUTTER	**1 POUND**	**2 CUPS**
SHORTENING	**½ POUND**	**1 CUP**

Melt butter and shortening in roasting pan.
Add celery and onions. Cook until light yellow.

STOCK OR WATER, HOT		**3 QUARTS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**2 TEASPOONS**

Add stock or water and seasoning to celery and onions.
Simmer until tender (15 to 20 minutes).
Serve hot.

Note. 30 pounds of celery, as purchased, will yield approximately 22 pounds, edible portion.

No. G–37 BUTTERED CELERY

100 servings
½ cup each
Preparation and cooking time: about 1½ hours

CELERY, CLEANED	**22 POUNDS**	
WATER, BOILING		**3 QUARTS**
SALT	**5 OUNCES**	**½ CUP**

Remove leaves. Trim roots and separate stalks. Scrape off any discoloration. Wash thoroughly. Cut into 1-inch pieces.
Add celery to boiling salted water. Bring to a boil.
Cook until tender (about 15 minutes).
Drain; reserve 2 cups of liquid for seasoning.
Place in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
PEPPER, BLACK		**1 TEASPOON**
PIMIENTOS, CHOPPED		**1 CUP (1 7-OUNCE CAN)**

Melt butter in cooking liquid, and add pepper.
Pour over celery. Garnish with pimientos.
Serve hot.

FOR STEAMER:

Place celery in basket (½ full). Steam 10 to 15 minutes.
Mix 2 cups of hot water with butter and seasoning; pour over celery.
Serve hot.

Note. 30 pounds of celery, as purchased, will yield approximately 22 pounds, edible portion.

No. G–38 CREAMED CELERY

100 servings
½ cup each
Preparation and cooking time: about 1½ hours

CELERY, CLEANED	**22 POUNDS**	

Cut celery stalks in 1-inch pieces.

WATER, BOILING		**3 QUARTS**
SALT	**5 OUNCES**	**½ CUP**

Add celery to boiling salted water. Bring to a boil.
Cook until tender (about 15 minutes).
Drain.

MEDIUM-THIN WHITE SAUCE:

MILK, EVAPORATED		**2 QUARTS**
(WATER FOR MILK)		**2 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**½ POUND**	**1 CUP**
FLOUR, WHEAT, HARD	**½ POUND**	**1¾ CUPS**
SALT	**2 OUNCES**	**2 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**
PIMIENTOS, CHOPPED, (FINE)		**1 CUP (1 7-OUNCE CAN)**

Melt butter; stir in flour, salt, and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip unit mixture is smooth.
Cook 5 to 10 minutes, or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Pour sauce over celery and garnish with pimiento.
Serve hot.

Note. 30 pounds of celery, as purchased, will yield approximately 22 pounds, edible portion.

No. G–39 BUTTERED CREAM STYLE CORN

100 servings
½ cup each
Preparation and cooking time: about ½ hour

CORN, CREAM STYLE, CANNED	**25 POUNDS**	**12½ QUARTS (25 NO. 303 CANS)**

BUTTER	1 POUND	2 CUPS
SALT	2¾ OUNCES	4 TABLESPOONS
SUGAR, GRANULATED (OPTIONAL)	2 OUNCES	4 TABLESPOONS
PEPPER, BLACK		1 TEASPOON

Melt butter; add corn and seasoning.
Heat slowly, stirring frequently.
Garnish with ½ cup chopped parsley, peppers, or pimientos.

No. G–40 BUTTERED WHOLE GRAIN CORN, CANNED OR FROZEN WITH VARIATION

100 servings
½ cup each
Preparation and cooking time: about ½ hour

CORN, WHOLE GRAIN, CANNED	28 POUNDS	3 GALLONS (4 NO. 10 CANS)

Heat corn in own liquid. Drain and reserve 2 cups of liquid for seasoning.

OR

CORN, WHOLE GRAIN, FROZEN	20 POUNDS	
WATER, BOILING		2 QUARTS
SALT	5 OUNCES	½ CUP
SUGAR, GRANULATED	4 OUNCES	½ CUP

Add corn to boiling salted water to which sugar has been added.
Cover; bring to a boil. Stir occasionally.
Cook 5 minutes. Drain and reserve 2 cups of liquid for seasoning.

SEASON: (Canned and Frozen)

Place corn in serving pans.

BUTTER	1 POUND	2 CUPS
PEPPER, BLACK		1 TEASPOON

Melt butter in reserved liquid; add pepper.
Pour over corn. Serve hot.

VARIATION

BUTTERED PARSLEY CORN:

Sprinkle 1 ounce (½ cup) chopped parsley over corn before serving.

No. G–41 CORN A LA SOUTHERN

100 servings
½ cup each
Preparation and cooking time: about 2 hours
Oven temperature: slow (325° F.)

BUTTER, MELTED	½ POUND	1 CUP
PEPPERS, SWEET, FRESH, CHOPPED (FINE)	2 POUNDS	1½ QUARTS

Cook peppers in butter until just tender.

EGGS, WHOLE, SLIGHTLY BEATEN	1½ POUNDS	¾ QUART (15 EGGS)
CORN, CREAM STYLE, CANNED	19 POUNDS	9½ QUARTS (19 NO. 303 CANS)
MILK, EVAPORATED (UNDILUTED)	----------	1 QUART
SALT	2 OUNCES	3 TABLESPOONS
SUGAR, GRANULATED	4 OUNCES	½ CUP
PEPPER, BLACK	¼ OUNCE	1 TABLESPOON

Combine eggs, corn, milk, and seasoning.
Add peppers; mix thoroughly.
Pour into well-greased roasting pans to a depth of 1 inch.
Bake in oven 45 minutes, or until firm.
Cut in squares and serve hot.

No. G–42 CORN FRITTERS

100 servings
2 each
Preparation and cooking time: about 2 hours

FLOUR, WHEAT, HARD, SIFTED	6 POUNDS	6 QUARTS
SALT	2 OUNCES	3 TABLESPOONS
BAKING POWDER	7 OUNCES	1 CUP
SUGAR, GRANULATED	4 OUNCES	½ CUP

Sift dry ingredients together.

EGGS, WHOLE BEATEN	2 POUNDS	1 QUART (20 EGGS)
MILK, EVAPORATED	----------	1¼ QUARTS
(WATER FOR MILK)	----------	1¼ QUARTS
CORN, CREAM STYLE, CANNED	6 POUNDS	3 QUARTS (6 NO. 303 CANS)
BUTTER, MELTED	½ POUND	1 CUP

Mix together eggs, milk, corn, and butter.
Add to flour mixture. Mix until well blended (batter will not be smooth).
(Use a No. 30 dipper to measure portions, 2 tablespoons.)

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (350° F.–360° F.), approximately 5 minutes, until golden brown.
Drain; serve with hot sirup.

No. G–43 CORN ON COB (FRESH OR FROZEN)

100 servings
1 ear each
Preparation and cooking time: about 1 hour

CORN ON COB, FRESH, CLEANED	**40 POUNDS**	**100 EARS**

Remove husks and silk. Cut off tips. Wash.

OR

CORN ON COB, FROZEN	**42 POUNDS**	**100 EARS**
WATER, BOILING	**(FOR FRESH)**	**3 GALLONS**
	(FOR FROZEN)	**2 QUARTS**
BUTTER PATTIES	**1 POUND**	

Add corn to boiling water (defrost frozen). Do not salt.
Bring to a boil.
Cook in batches.
Cook 5 to 10 minutes, or until tender. Do not overcook.
Drain.
Serve immediately with butter.

Note. 62 pounds of fresh corn will yield approximately 100 ears.

No. G–44 CORN PUDDING

100 servings
½ cup each
Preparation and cooking time: about 2 hours
Oven temperature: slow (300° F.)

CORN, CREAM STYLE, CANNED	**19 POUNDS**	**9½ QUARTS (19 NO. 303 CANS)**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
SUGAR, GRANULATED	**2 OUNCES**	**4 TABLESPOONS**
PEPPER, BLACK	----------	**½ TEASPOON**

MILK, EVAPORATED	----------	**1 QUART**
(WATER FOR MILK)	----------	**1 QUART**

Mix above ingredients. Heat slowly. Stir frequently.
Remove from heat.

EGGS, WHOLE, SLIGHTLY BEATEN	**2½ POUNDS**	**1¼ QUARTS (25 EGGS)**
BREAD, SOFT, BROKEN	**1 POUND**	**2½ QUARTS**

Combine eggs and bread; add slowly to hot corn mixture, stirring constantly.
Pour into well-greased roasting pans.
Bake in oven 1 hour, or until firm.

No. G–45 SAUTEED CORN WITH VARIATIONS

100 servings
½ cup each
Preparation and cooking time: about 1 hour

BACON, SLAB, RIND-OFF, RAW, CHOPPED	**2 POUNDS**	**1½ QUARTS**

Fry bacon until crisp.

CORN, WHOLE GRAIN, CANNED	**28 POUNDS**	**3 GALLONS (4 NO. 10 CANS)**

Drain corn.

SALT	**2 OUNCES**	**3 TABLESPOONS**
SUGAR, GRANULATED	**1 OUNCE**	**2 TABLESPOONS**
PEPPER, BLACK	----------	**1½ TEASPOONS**
PIMIENTOS, CHOPPED, FINE	----------	**1 CUP (1 7-OUNCE CAN)**

Add corn, salt, sugar, pepper, and pimientos to bacon.
Heat slowly, stirring frequently.

VARIATIONS

CORN O'BRIEN:

Add 2 pounds (1½ quarts) chopped green peppers and 1½ pounds (4½ cups) of chopped onions to bacon and cook until onions are light yellow before adding to corn.
Season.

MEXICAN CORN:

Use 1 pound of butter instead of bacon. Heat 2 pounds (1½ quarts) chopped green peppers in the butter. Add corn, pimientos, and seasoning.

SAUTEED CORN WITH GREEN PEPPERS:

Add 2 pounds (1½ quarts) chopped green peppers to bacon and cook before adding to corn. Season.

No. G–46 SCALLOPED CORN

100 servings
½ cup each
Preparation and cooking time: about 1¾ hours
Oven temperature: slow (325° F.)

BUTTER, MELTED	**1 POUND**	**2 CUPS**
CRACKER CRUMBS	**1¼ POUNDS**	**2 QUARTS**
SALT	**1 OUNCE**	**1½ TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Mix butter, crumbs, and seasoning.

CORN, WHOLE GRAIN, CANNED	**21 POUNDS**	**9 QUARTS (3 NO. 10 CANS)**

Drain corn and reserve liquid for milk.

MILK, EVAPORATED		**1¼ QUARTS**
WATER AND CORN LIQUID		**1¼ QUARTS**

Combine corn, water, and milk.
Place alternate layers of buttered crumbs and corn mixture in well greased baking or serving pans.
Sprinkle buttered crumbs over top of mixture.
Bake in oven 1 hour.

Note. 15 No. 2 cans (9 quarts) of cream style corn may be substituted for whole grain corn. Decrease milk to 1 quart and water to 1 quart.

No. G–47 FRENCH FRIED EGGPLANT

100 servings
2–3 slices each
Preparation and cooking time: about 2 hours

EGGPLANT, CLEANED	**16 POUNDS**	
FLOUR, WHEAT, HARD	**18 OUNCES**	**1 QUART**
SALT	**2 OUNCES**	**3 TABLESPOONS**

Wash eggplant; peel; and cut into slices ⅓ to ½ inch thick.
Roll eggplant in seasoned flour.

EGGS, WHOLE, BEATEN	**1 POUND**	**2 CUPS (10 EGGS)**
MILK, EVAPORATED		**1 CUP**
(WATER FOR MILK)		**1 CUP**
SALT	**4 OUNCES**	**6 TABLESPOONS**

Combine eggs, milk, and salt.
Dip eggplant in mixture.

BREAD CRUMBS, DRY, GROUND	**2½ POUNDS**	**2½ QUARTS**

Roll eggplant in crumbs.

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (360° F.–375° F.) until golden brown (5–6 minutes). (Eggplant loses crispness on standing; fry as near serving time as possible.)

Note. 20 pounds of eggplant, as purchased, will yield approximately 16 pounds, edible portion.

No. G–48 SCALLOPED EGGPLANT AND TOMATOES

100 servings
½ cup each
Preparation and cooking time: about 2½ hours
Oven temperature: moderate (375° F.)

EGGPLANT, CLEANED	**19 POUNDS**	
WATER, BOILING		**TO COVER**
SALT	**5 OUNCES**	**½ CUP**

Wash eggplant; peel; and dice into 1-inch pieces.
Add to boiling salted water.
Cook until tender but firm (about 10 minutes).
Drain.

TOMATOES, CANNED	**9¼ POUNDS**	**4½ QUARTS (1½ NO. 10 CANS)**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**
SALT	**1 OUNCE**	**1½ TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Add the tomatoes and seasoning to eggplant.
Heat to boiling.

TOPPING:

ONIONS, DRY, CHOPPED (FINE)	**4 POUNDS**	**3 QUARTS**
BACON FAT OR BUTTER	**¾ POUND**	**1½ CUPS**
BREAD CRUMBS, DRY, GROUND	**1½ POUNDS**	**1½ QUARTS**

Cook onions in fat until light yellow.
Add crumbs and brown lightly.
Place tomato mixture in roasting pans to a depth of 2 to 3 inches, and top with onion crumb mixture.
Bake in oven 30 minutes.

Note. 25 pounds eggplant, as purchased, will yield approximately 19 pounds, edible portion.

No. G–49 BUTTERED SPINACH, OR OTHER LEAFY GREENS, FRESH OR FROZEN, WITH VARIATIONS

100 servings
½ cup each
Preparation and cooking time: about 1¾ hours—fresh
25 minutes—frozen

SPINACH, OR OTHER GREENS, FRESH, CLEANED OR FROZEN	**20 POUNDS**	
WATER, BOILING		**1 QUART**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Wash fresh spinach; remove roots, wilted leaves, and coarse stems.
Wash spinach again to thoroughly remove sand and soil.
Add spinach to boiling water.
Cook under cover for 2 or 3 minutes; remove cover, and cook another 8 minutes, or until tender. Add salt and sugar while cooking.
Cooking time for other greens will vary from 15 to 35 minutes.
Drain. Reserve 2 cups of liquid.

BUTTER	**1 POUND**	**2 CUPS**

Melt butter in cooking liquid and pour over spinach.

Note. 30 pounds of fresh spinach, as purchased, will yield approximately 20 pounds, edible portion.

VARIATIONS

SPINACH WITH HARD COOKED EGGS:

Garnish with 20 hard cooked sliced eggs.

SPINACH WITH LEMON BUTTER SAUCE:

Mix 1 cup of lemon juice, ¼ cup granulated sugar with melted butter.
Heat and pour over cooked spinach.

No. G–50 CREAMED SPINACH

100 servings
½ cup each
Preparation and cooking time: about 1 hour

SPINACH, FRESH, CLEANED OR FROZEN	**20 POUNDS**	
WATER, BOILING		**1 QUART**
SALT	**2 OUNCES**	**3 TABLESPOONS**

Wash fresh spinach, remove roots, wilted leaves, and coarse stems.
Wash spinach again to thoroughly remove sand or soil.
Add spinach to boiling water.
Cook under cover for 2 to 3 minutes; remove cover, and cook another 8 minutes, or until tender. Add salt and sugar while cooking.
Drain and chop.

SAUCE:

MILK, EVAPORATED		**2 QUARTS**
(WATER FOR MILK)		**2 QUARTS**

Heat milk to just below boiling point.

ONIONS, DRY, CHOPPED (FINE)	**2 POUNDS**	**1½ QUARTS**
BUTTER	**1½ POUNDS**	**3 CUPS**
FLOUR, WHEAT, HARD	**9 OUNCES**	**2 CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**½ TEASPOON**

Cook onions in butter until light yellow.
Do not brown. Add flour, salt, and pepper and mix well.
Add slowly to hot milk, stirring constantly with a wire whip.
Cook 5 to 10 minutes until thickened.
Stir gently to prevent scorching.
Pour sauce over spinach.
Serve immediately.
Nutmeg may be sprinkled lightly over top before serving.

Note. 30 pounds of fresh spinach, as purchased, will yield approximately 20 pounds, edible portion.

No. G–51 SIMMERED GREENS AND BACON WITH VARIATIONS

100 servings
½ cup each
Preparation and cooking time: about 2½ hours

BACON, SLAB, DICED	**3 POUNDS**	**2¼ QUARTS**
BEET GREENS, CHARD, KALE OR OTHER GREENS, CLEANED	**20 POUNDS**	
WATER, BOILING		**1 QUART**
SALT	**3 OUNCES**	**4 TABLESPOONS**
SUGAR, GRANULATED (OPTIONAL)	**4 OUNCES**	**½ CUP**

Brown bacon slightly and reserve bacon and drippings.
Remove roots, wilted leaves, and coarse stems from fresh greens.
Wash thoroughly to remove sand or soil.
Add greens to boiling salted water to which sugar has been added.
Bring to a boil; reduce heat; simmer for 35 minutes, or until greens are tender.
Add browned bacon and drippings to greens and simmer for 5 minutes
Serve hot.

Note. 30 pounds of greens, as purchased, will yield approximately 20 pounds' edible portion.

VARIATIONS

SIMMERED GREENS WITH HARD COOKED EGGS:

20 sliced hard cooked eggs may be placed on top of greens as garnish.

SWEET SOUR GREENS (FRESH):

Add 1 cup of vinegar, ½ cup of sugar, and 1 teaspoon of pepper. Heat to serving temperature.

No. G–52 SWEET SOUR GREENS (CANNED)

100 servings
½ cup each
Preparation and cooking time: about 1 hour

BACON, SLAB, CHILLED, DICED	**1 POUND**	**¾ QUART**
ONIONS, DRY, CHOPPED (FINE)	**10 OUNCES**	**2 CUPS**

Fry bacon until crisp.
Add onions and cook until light yellow.

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GREENS, CANNED (SPINACH OR OTHER GREENS)		3 GALLONS (4 NO. 10 CANS)

Drain greens; reserve 2 quarts of liquid and add to greens.

VINEGAR		1½ CUPS
SUGAR, GRANULATED	½ POUND	1 CUP
SALT	2 OUNCES	3 TABLESPOONS
PEPPER, BLACK		1 TEASPOON

Add liquid and seasonings to greens.
Bring to a boil; reduce heat; simmer for 3 minutes.
Add bacon and onions to greens mixture and simmer for 3 more minutes.
Serve hot.

No. G–53 SAUTEED MUSHROOMS

100 servings
1¼ tablespoons each
Preparation and cooking time: about 15 minutes

MUSHROOMS, CANNED, SLICED	3 POUNDS	2 QUARTS (6–8Z CANS)

Drain mushrooms; reserve liquid.

BUTTER	4 OUNCES	½ CUP

Brown drained mushrooms in butter.

WORCESTERSHIRE SAUCE		¼ CUP
PEPPER, BLACK		⅛ TEASPOON

Heat reserved liquid.
Add Worcestershire sauce, pepper, and mushrooms.

No. G–54 BUTTERED ONIONS

100 servings
⅓ cup each
Preparation and cooking time: about 2 hours

ONIONS, DRY, CLEANED	18 POUNDS	
WATER, BOILING		2 GALLONS
SALT	5 OUNCES	½ CUP

Peel onions; wash; and cut into ⅓-inch slices.
Add onions to boiling salted water.
Bring to a boil. Cook until tender (10 to 15 minutes).

Drain; reserve 2 cups of liquid for seasoning.
Place in serving pans.

BUTTER	**1 POUND**	**2 CUPS**

Melt butter in onion liquid.
Pour over onions.

FOR STEAMER:

Place sliced onions in baskets.
Steam until tender (about 15 minutes).
Place in serving pans.
Mix 2 cups of hot water with butter and seasoning.
Pour over onions. Serve hot.

Note. 20 pounds of onions, as purchased, will yield approximately 18 pounds, edible portion.

No. G–55 CREAMED ONIONS

100 servings
½ cup each
Preparation and cooking time: about 2 hours

ONIONS, DRY, CLEANED	**18 POUNDS**	
WATER, BOILING		**2 GALLONS**
SALT	**5 OUNCES**	**½ CUP**

Peel onions; wash; and cut into ⅓-inch slices.
Add onions to boiling salted water.
Bring to a boil. Cook until tender (10 to 15 minutes).
Drain onions and place in serving pans.

MEDIUM WHITE SAUCE:

MILK, EVAPORATED		**3 QUARTS**
(WATER FOR MILK)		**3 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**1 POUND**	**2 CUPS**
FLOUR, WHEAT, HARD	**13 OUNCES**	**¾ QUART**
SALT	**3 OUNCES**	**4½ TABLESPOONS**

Melt butter; stir in flour, salt, and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes, or until thickened.

Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Pour sauce over onions. Serve hot.

Note. 20 pounds of onions, as purchased, will yield approximately 18 pounds, edible portion.

No. G–56 FRENCH FRIED ONION RINGS (BATTER METHOD) (A)

100 servings
¾ cup each
Preparation and cooking time: about 3 hours

ONIONS, DRY, LARGE, CLEANED	**10 POUNDS**	

Peel; wash; and cut into ¼-inch slices.
Separate slices into rings.

FLOUR, WHEAT, HARD	**27 OUNCES**	**1½ QUARTS**

Roll onion rings in flour.

EGGS, WHOLE, SLIGHTLY BEATEN	**18 OUNCES**	**2¼ CUPS (12 EGGS)**
MILK, EVAPORATED		**1½ QUARTS**
(WATER FOR MILK)		**1½ QUARTS**

Combine eggs and milk.

FLOUR, WHEAT, HARD	**2 POUNDS**	**1¾ QUARTS**
BAKING POWDER	**¾ OUNCE**	**2¼ TABLESPOONS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Sift dry ingredients together; beat into egg mixture.

SHORTENING, MELTED	**1½ OUNCES**	**3 TABLESPOONS**

Beat shortening into batter.
Dip onion rings in batter.

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (375° F.) until golden brown (3 to 4 minutes).
Drain.

Note. 11½ pounds of onions, as purchased, will yield approximately 10 pounds, edible portion.

No. G–57 FRENCH FRIED ONION RINGS (FLOUR METHOD) (B)

100 servings
¾ cup each
Preparation and cooking time: about 3 hours

ONIONS, DRY, LARGE, CLEANED	**10 POUNDS**	
MILK, EVAPORATED		**1½ QUARTS**
(WATER FOR MILK)		**1½ QUARTS**

Peel; wash; and cut into ¼-inch slices. Separate slices into rings. Soak in milk 10 minutes.

FLOUR, WHEAT, HARD	**27 OUNCES**	**1½ QUARTS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Dip onion rings in seasoned flour.

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (375° F.) until golden brown (3 to 4 minutes). Drain.

Note. 11½ pounds of onions, as purchased, will yield approximately 10 pounds edible portion.

No. G–58 FRIED ONIONS

100 servings
¼ cup each
Preparation and cooking time: about 2 hours

ONIONS, DRY, CLEANED	**22 POUNDS**	
MEAT DRIPPINGS OR SHORTENING, HOT	**3 POUNDS**	**1½ QUARTS**
SALT	**4 OUNCES**	**6 TABLESPOONS**

Peel onions; wash; and cut into ¼-inch slices.
Add onions to fat and sprinkle with salt.
Fry until tender and golden brown, stirring frequently to prevent sticking.
Drain.

Note. 25 pounds of large onions, as purchased, will yield approximately 22 pounds, edible portion.

No. G–59 GLAZED ONIONS

100 servings
½ cup onions } each
1 tablespoon sirup }
Preparation and cooking time: about 3 hours
Oven temperature: moderate (350° F.)

ONIONS, SMALL, WHOLE, CLEANED	**22 POUNDS**	
WATER, BOILING		**4 GALLONS**
SALT	**10 OUNCES**	**1 CUP**

Peel and wash onions.
Add onions to boiling salted water.
Bring to a boil. Cook until partially tender (about 7 minutes).
Drain. Place in serving pans.

SUGAR, BROWN	**1¼ POUNDS**	**3½ CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
BUTTER	**1 POUND**	**2 CUPS**
WATER, HOT		**1½ QUARTS**

Combine ingredients and bring to a boil.
Cook 10 minutes, or until a thin sirup is formed.
Pour over onions.
Bake in oven 30 to 40 minutes.
Baste frequently to insure an even glaze.

Note. 25 pounds of small whole onions, as purchased, will yield approximately 22 pounds, edible portion.

No. G–60 ONIONS AU GRATIN

100 servings
½ cup each
Preparation and cooking time: about 2 hours
Oven temperature: moderate (350° F.)

ONIONS, DRY, CLEANED	**18 POUNDS**	
WATER, BOILING		**3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Peel onions; wash; and cut into halves or quarters.
Add onions to boiling salted water.
Bring to a boil. Cook until tender (about 15 minutes).
Drain; place in well-greased roasting pans.

CHEESE SAUCE:

MILK, EVAPORATED		3 QUARTS
(WATER FOR MILK)		3 QUARTS

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	1 POUND	2 CUPS
FLOUR, WHEAT, HARD	13 OUNCES	¾ QUART
SALT	3 OUNCES	4½ TABLESPOONS
PEPPER, BLACK		½ TABLESPOON

Melt butter; stir in flour, salt, and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes, or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).

CHEESE, CHEDDAR, PROCESSED, CUBED	1¼ POUNDS	1 QUART
MUSTARD, DRY	2 OUNCES	½ CUP

Add cheese gradually to the sauce; stir until cheese is melted. Blend in mustard and remove from heat. Pour sauce over onions.

BREAD CRUMBS, DRY, GROUND	1 POUND	1 QUART
BUTTER, MELTED	½ POUND	1 CUP
CHEESE, CHEDDAR, PROCESSED, GROUND, OR SHREDDED	4 OUNCES	¾ CUP

Mix crumbs, butter, and cheese.
Sprinkle over top of onion mixture.
Bake in oven 20 minutes or until brown.

Note. 20 pounds of onions, as purchased, will yield approximately 18 pounds, edible portion.

No. G–61 SCALLOPED ONIONS

100 servings
½ cup each
Preparation and cooking time: about 2 hours
Oven temperature: moderate (350° F.)

ONIONS, DRY, CLEANED	**18 POUNDS**	
WATER, BOILING		**3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Peel onions; wash; and cut into halves or quarters.
Add onions to boiling salted water.
Bring to a boil. Cook until tender (about 15 minutes).
Drain. Place in well-greased roasting pans.

SAUCE:

MILK, EVAPORATED		**3 QUARTS**
(WATER FOR MILK)		**3 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**1 POUND**	**2 CUPS**
FLOUR, WHEAT, HARD	**13 OUNCES**	**¾ QUART**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK		**½ TABLESPOON**

Melt butter; stir in flour, salt, and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Pour sauce over onions.

BREAD CRUMBS, DRY, GROUND	**1 POUND**	**1 QUART**
BUTTER, MELTED	**½ POUND**	**1 CUP**
PARSLEY, CHOPPED	**2 OUNCES**	**1 CUP**
OR		
PAPRIKA		

Mix crumbs and butter.
Sprinkle over top of onion mixture.
Bake in hot oven until brown (about 20 minutes).
Garnish with parsley or paprika.

No. G–62 BAKED PARSNIPS

100 servings
½ cup each
Preparation and cooking time: about 2 hours
Oven temperature: very hot (400° F.)

PARSNIPS, CLEANED	**18 POUNDS**	
WATER, BOILING		**2 GALLONS**
SALT	**5 OUNCES**	**½ CUP**

Wash parsnips; pare or scrape. Cut lengthwise into halves and quarters.
Cook in boiling salted water 15 to 20 minutes, or steam until tender.
Drain; reserve 1 cup of liquid for seasoning.
Place parsnips in roasting pans.

BUTTER	**1½ POUNDS**	**3 CUPS**

Melt butter in liquid. Pour over parsnips.

SALT	**2 OUNCES**	**3 TABLESPOONS**
SUGAR, GRANULATED	**½ POUND**	**1 CUP**

Sprinkle with salt and sugar.
Bake in oven 30 to 35 minutes, until lightly browned.

Note. 25 pounds of parsnips, as purchased, will yield approximately 18 pounds, edible portion.

No. G–63 BUTTERED PARSNIPS

100 servings
½ cup each
Preparation and cooking time: about 2 hours

PARSNIPS, CLEANED	**18 POUNDS**	
WATER, BOILING		**2 GALLONS**
SALT	**5 OUNCES**	**½ CUP**

Wash parsnips; pare or scrape. Cut lengthwise into halves and quarters.
Add parsnips to boiling salted water. Bring to a boil.
Cook until tender (15 to 20 minutes).
Drain; reserve 2 cups of liquid for seasoning.

BUTTER	**1 POUND**	**2 CUPS**

Melt butter in cooking liquid; pour over parsnips.

FOR STEAMER:

Place parsnips in baskets.
Steam until tender (about 25 minutes).

BUTTER	**1 POUND**	**2 CUPS**
SALT	**2½ OUNCES**	**4 TABLESPOONS**

Melt butter; add salt.
Pour over parsnips.

Note. 25 pounds of parsnips, as purchased, will yield approximately 18 pounds, edible portion.

No. G–64 FRIED PARSNIPS

100 servings
½ cup each
Preparation and cooking time: about 2 hours

PARSNIPS, CLEANED	**18 POUNDS**	
WATER, BOILING		**2 GALLONS**
SALT	**5 OUNCES**	**½ CUP**

Wash parsnips; pare or scrape. Cut lengthwise into halves and quarters.
Cook in boiling salted water 15 to 20 minutes, or steam until tender. Keep firm; do not overcook.

EGGS, WHOLE, BEATEN	**1¼ POUNDS**	**2½ CUPS (12 EGGS)**
MILK, EVAPORATED		**1 CUP**
(WATER FOR MILK)		**1 CUP**

Combine eggs and milk.
Dip parsnips in mixture.

BREAD CRUMBS, DRY	**1½ POUNDS**	**1½ QUARTS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**

Roll parsnips in seasoned crumbs.

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (375° F.) for 3 to 4 minutes.

Note. 25 pounds of parsnips, as purchased, will yield approximately 18 pounds, edible portion.

No. G–65 GLAZED PARSNIPS

100 servings
½ cup each
Preparation and cooking time: about 2 hours oven temperature: hot (400° F.)

PARSNIPS, CLEANED	**18 POUNDS**	
WATER, BOILING		**2 GALLONS**
SALT	**5 OUNCES**	**½ CUP**

Wash parsnips; pare or scrape. Cut lengthwise into halves and quarters.
Cook in boiling salted water 15 to 20 minutes, or steam until tender.
Drain; reserve 1½ quarts of liquid for glaze.
Place parsnips in roasting pan.

SUGAR, BROWN	**¾ POUND**	**2 CUPS**
SALT	**⅔ OUNCE**	**1 TABLESPOON**
BUTTER	**¾ POUND**	**1½ CUPS**

Add sugar and salt to cooking liquid.
Cook about 3 minutes until a thin sirup is formed.
Melt butter in hot sirup; pour over parsnips.
Bake in oven 30 minutes.
Baste frequently to insure an even glaze.

Note. 25 pounds of parsnips, as purchased, will yield approximately 18 pounds, edible portion.

No. G–66 BUTTERED PEAS, CANNED OR FROZEN

100 servings
½ cup each
Preparation and cooking time: about ½ hour

PEAS, CANNED	**26 POUNDS**	**3½ GALLONS (4 NO. 10 CANS)**

Drain peas; reserve 1 quart of liquid and add to peas.

BUTTER	**¾ POUND**	**1½ CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
SUGAR, GRANULATED	**2 OUNCES**	**¼ CUP**
PEPPER, BLACK		**½ TEASPOON**

Add the above ingredients. Cover. Bring to a boil.
Simmer 5 minutes.
Serve hot.

OR

PEAS, FROZEN	**20 POUNDS**	
WATER, BOILING		**3 QUARTS**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**½ POUND**	**1 CUP**

Break solid block of peas into 4 or 5 pieces. Remove from package.
Add frozen peas to boiling salted water to which sugar has been added.
Cover. Bring to a boil.
Reduce heat and simmer 10 minutes until tender. Avoid overcooking.
Drain peas; reserve 2 cups of liquid for seasoning.
Place peas in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
PEPPER, BLACK		**2 TEASPOONS**

Melt butter in hot liquid; add pepper.
Pour over peas. Serve hot.

No. G–67 CREAMED PEAS

100 servings
½ cup each
Preparation and cooking time: about ¾ hour

PEAS, FROZEN	**20 POUNDS**	
WATER, BOILING		**3 QUARTS**
SALT	**5 OUNCES**	**½ CUP**
SUGAR	**½ POUND**	**1 CUP**

Place frozen peas in boiling salted water to which sugar has been added.
Cover.
Bring to a boil; reduce heat; and simmer 10 minutes or until tender.
Drain.

SAUCE:

MILK EVAPORATED		**3 QUARTS**
(WATER FOR MILK)		**3 QUARTS**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**½ POUND**	**1 CUP**
FLOUR, WHEAT, HARD	**6 OUNCES**	**1⅓ CUPS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK	**¼ OUNCE**	**1 TABLESPOON**

Melt butter; stir in flour, salt, and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes, or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Combine peas and sauce. Serve hot.

Note. 4 No. 10 cans (3½ gallons) of peas may be substituted for frozen peas.

No. G–68 PEAS AND CELERY WITH VARIATION

100 servings
½ cup each
Preparation and cooking time: about 1½ hours

CELERY, CLEANED	**7½ POUNDS**	

Cut celery into ½-inch pieces.

WATER, BOILING		**2 QUARTS**
SALT	**3 OUNCES**	**4 TABLESPOONS**

Add celery to boiling salted water. Bring to a boil.
Cook until tender (about 15 minutes).
Drain; reserve 2 cups of liquid for seasoning.

PEAS, GREEN, FROZEN	**15 POUNDS**	
WATER, BOILING		**2 QUARTS**
SALT	**2 OUNCES**	**3 TABLESPOONS**

Add frozen peas to boiling salted water.
Cover. Bring to a boil.
Reduce heat and cook 10 minutes, or until tender.
Drain peas; reserve 2 cups of liquid for seasoning.
Combine vegetables and place in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
SALT	**½ OUNCE**	**¾ TABLESPOON**
SUGAR (OPTIONAL)		**1 TABLESPOON**
PEPPER, BLACK		**¼ TEASPOON**

Melt butter in 1 quart cooking liquid; add seasonings and pour over celery and peas.

Note 1. 10 pounds of celery, as purchased, will yield approximately 7½ pounds, edible portion.

2. Peas, green, canned, 20 pounds, 2¼ gallons (3 No. 10 cans) may be substituted for Peas, green, frozen, 15 pounds.

VARIATION

CREAMED PEAS AND CELERY:

Use 1 quart of the drained vegetable liquid and mix with 1 gallon of medium-thin white sauce (see recipe No. G–2 for sauce).

No. G–69 BAKED SWEET POTATOES

100 servings
1 each
Preparation and cooking time: about 2 hours
Oven temperature: hot (400° F.)

SWEET POTATOES, FRESH	**40 POUNDS**	**100 POTATOES**
SHORTENING, MELTED	**½ POUND**	**1 CUP**

Scrub thoroughly; dry; place on sheet pans; brush with melted shortening.
Bake in oven for 45 minutes, or until tender.
After baking, prick each potato with a fork, or break open, to allow steam to escape.

No. G–70 BAKED SWEET POTATOES AND APPLES WITH VARIATIONS

100 servings
⅔ cup each
Preparation and cooking time: about 2½ hours
Oven temperature: moderate (350° F.)

SWEET POTATOES, FRESH, PEELED	**25 POUNDS**	
WATER, BOILING		
SALT	**4 OUNCES**	**6 TABLESPOONS**

Cover potatoes with boiling salted water.
Cover and bring to a boil; reduce heat; and simmer 1 hour, or until tender.
Drain.
Cut potatoes into lengthwise slices ½-inch thick.
Overlap slices in greased sheet pans.

SUGAR, BROWN	**2 POUNDS**	**1¼ QUARTS**
SALT	**2 OUNCES**	**3 TABLESPOONS**

Mix sugar and salt; sprinkle one-half the mixture over the potatoes.

APPLES	**8 POUNDS**	**24 APPLES**

Wash; core; slice; and arrange a layer of apples over the potatoes.
Sprinkle the remaining sugar and salt over the apples.

BUTTER	**6 OUNCES**	**¾ CUP**

Dot top of apples with butter.

Bake in oven for 1 hour, or until the apples are tender when pricked with a fork.

Note. 20 No. 2½ cans (4½ gallons) of sweet potatoes with sirup, drained, or 17 No. 3 cans, vacuum pack, may be substituted for fresh, sliced sweet potatoes.

VARIATIONS

BAKED SWEET POTATOES AND APPLES WITH MARSHMALLOWS:

MARSHMALLOWS----- ---------- 1 POUND

Cut marshmallows in quarters or use bite-sized pieces.

Place on top of baked sweet potatoes and apples during last 5 to 10 minutes of baking period.

BAKED SWEET POTATOES AND PINEAPPLE:

PINEAPPLE, CANNED, CRUSHED 7 POUNDS---- 3 QUARTS (1 NO. 10 CAN)

Spread pineapple over sweet potatoes in place of apples, and use only ½ the amount of brown sugar for baking.

No. G–71 BROWNED SWEET POTATOES

100 servings
2 halves or 3 to 4 quarters each
Preparation and cooking time: about 2½ hours
Oven temperature: hot (400° F.)

SWEET POTATOES, FRESH, PEELED 33 POUNDS
WATER, BOILING
SALT---------- 4 OUNCES---- 6 TABLESPOONS

Cover potatoes with boiling salted water.

Cover and bring to a boil; reduce heat; and simmer 1 hour, or until tender.

Drain.

Cut potatoes in half lengthwise, or into quarters.

Arrange in roasting pans.

SUGAR, BROWN-------- 1 POUND----- 2¾ CUPS
SALT---------- 1½ OUNCES-- 2 TABLESPOONS

Mix sugar and salt; sprinkle over potatoes.

BUTTER, MELTED------ 1½ POUNDS-- ¾ QUART

Pour over potatoes.

Bake in oven for 30 minutes, or until brown.

Note. 40 pounds of sweet potatoes, fresh, as purchased, will yield approximately 33 pounds, edible portion.

No. G–72 BUTTERED SWEET POTATOES, FRESH OR CANNED

100 servings
1 to 2 halves each
Preparation and cooking time: about 2 hours for fresh
¾ hour for canned
Oven temperature: moderate (350° F.)

SWEET POTATOES, FRESH, PEELED	**25 POUNDS**	
WATER, BOILING		
SALT	**4 OUNCES**	**6 TABLESPOONS**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Cover with boiling salted water to which sugar has been added.
Cover and bring to a boil; reduce heat and simmer 1 hour, or until tender.
Drain; reserve 2 quarts of cooking liquid for seasoning.
Cut potatoes in half lengthwise.
Arrange potatoes in serving pans.

BUTTER, MELTED	**1½ POUNDS**	**¾ QUART**
SUGAR, GRANULATED	**½ POUND**	**1 CUP**
COOKING LIQUID		**2 QUART**
PARSLEY, CHOPPED	**2 OUNCES**	**1 CUP**

Add butter and sugar to liquid; bring to a boil.
Pour over potatoes.
Garnish with parsley.

Note 1. 20 No. 2½ cans (4½ gallons) of sweet potatoes with sirup, drained, or 17 No. 3 cans, vacuum pack, may be substituted for fresh sweet potatoes. (Heat in oven for 30 minutes.)
2. 30 pounds of sweet potatoes, fresh, as purchased, will yield approximately 25 pounds, edible portion.

No. G–73 CANDIED SWEET POTATOES

100 servings
2 pieces each
Preparation and cooking time: about 2½ hours

SWEET POTATOES, FRESH, PEELED	**25 POUNDS**

Cut potatoes into pieces 1 to 1½-inch thick.

SUGAR, GRANULATED	**6 POUNDS**	**3½ QUARTS**
SUGAR, BROWN	**1½ POUNDS**	**1 QUART**

SALT	2 OUNCES	3 TABLESPOONS
LEMONS, SLICED, THIN		4
WATER, HOT		1 GALLON
BUTTER	1 POUND	2 CUPS

Cook sugars, salt, lemons, and water together in roasting pan about 3 minutes until a sirup is formed.
Add butter; mix well.
Add potatoes; bring to a boil, stirring constantly.
Cover and simmer 45 minutes, or until tender. Baste occasionally for an even glaze.

Note. 30 pounds of sweet potatoes, fresh, as purchased, will yield approximately 25 pounds, edible portion.

No. G–74 MASHED SWEET POTATOES WITH VARIATION

100 servings
½ cup each
Preparation and cooking time: about ¾ hour
Oven temperature: moderate (350° F.)

SWEET POTATOES, FRESH, PEELED	25 POUNDS	
WATER, BOILING		
SALT	4 OUNCES	6 TABLESPOONS
SUGAR, GRANULATED	4 OUNCES	½ CUP

Cut potatoes into quarters or uniform pieces.
Cover potatoes with boiling salted water to which sugar has been added.
Cover and bring to a boil. Reduce heat and simmer 45 minutes, or until tender.
Drain and mash well. (Place in mixer, use low speed until potatoes are broken up, continue at high speed for 2 minutes.)

SALT	1 OUNCE	1½ TABLESPOONS
SUGAR, GRANULATED	½ POUND	1 CUP
BUTTER	1 POUND	2 CUPS

Add salt, sugar, and butter.
Beat until smooth and fluffy. (Milk may be added if consistency of potatoes is too dry.) Serve immediately.

Note. 30 pounds of sweet potatoes, fresh, as purchased, will yield approximately 25 pounds, edible portion.

VARIATION

BAKED MASHED SWEET POTATOES WITH MARSHMALLOWS:

LEMON JUICE		½ CUP
MARSHMALLOWS	1 POUND	

Prepare mashed sweet potatoes, adding lemon juice while mashing.
Place in well-greased roasting pans.
Bake in oven for 30 minutes.
Cut marshmallows into quarters, and place on top during last 5 to 10 minutes of baking period.
Nutmeg may be sprinkled on top for additional variation.

No. G–75 ORANGE GLAZED SWEET POTATOES

100 servings
3 quarters each
Preparation and cooking time: about 2½ hours
Oven temperature: moderate (350° F.)

SWEET POTATOES, FRESH, PEELED	25 POUNDS	
WATER, BOILING		
SALT	4 OUNCES	6 TABLESPOONS

Cover potatoes with boiling salted water.
Cover and bring to a boil; reduce heat and simmer 45 minutes, or until tender. Drain.
Cut in quarters lengthwise.
Arrange in roasting pans.

ORANGE GLAZE:

SUGAR, GRANULATED	3¾ POUNDS	2 QUARTS
SUGAR, BROWN	2½ POUNDS	1¾ QUARTS
SALT	2 OUNCES	3 TABLESPOONS
CORNSTARCH	4 OUNCES	¾ CUP
ORANGE JUICE		2 QUARTS
WATER		½ QUART

Cook sugars, salt, cornstarch, juice, and water together for 5 minutes.
Stir frequently to avoid scorching.

BUTTER	½ POUND	1 CUP

Add butter; mix well. Pour over potatoes.
Bake in oven for 30 minutes.

No. G–76 SWEET POTATO PUFF WITH VARIATION

100 servings
½ cup each
Preparation and cooking time: about 2½ hours
Oven temperature: moderate (350° F.)

SWEET POTATOES, FRESH, PEELED	**25 POUNDS**	
WATER, BOILING		
SALT	**4 OUNCES**	**6 TABLESPOONS**

Cut potatoes into quarters or uniform pieces.
Cover potatoes with boiling salted water.
Cover and bring to a boil. Reduce heat and simmer 45 minutes, or until tender.
Drain and mash well.

SUGAR, GRANULATED	**2 OUNCES**	**4 TABLESPOONS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK, (OPTIONAL)		**¼ TEASPOON**
BUTTER, MELTED	**1 POUND**	**2 CUPS**
EGGS, FRESH, WHOLE	**1¼ POUNDS**	**2½ CUPS (12 EGGS)**

Add sugar, salt, pepper, butter, and eggs to sweet potatoes.
Mixed thoroughly (preferably with a mixing machine).
Place mixture in well-greased roasting pans.

BUTTER, MELTED	**4 OUNCES**	**½ CUP**

Brush top of mixture with butter.
Bake in oven (350° F.) until browned.

VARIATION

SWEET POTATO CROQUETTES:

YIELD: **2 CROQUETTES EACH**

Prepare sweet potato puff recipe.
Mix thoroughly and cool.
Shape into croquettes or balls. (Use a No. 20 scoop to measure portions.)

MILK, EVAPORATED		**½ CUP**
(WATER FOR MILK)		**½ CUP**
EGGS, WHOLE, BEATEN	**½ POUND**	**1 CUP (5 EGGS)**

Combine eggs and milk.
Dip balls in mixture.

CORN FLAKES, GROUND, (FINE)	**½ POUND**	**2 QUARTS**

Roll balls in corn flakes.
Refrigerate balls until actual frying time.

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (375° F.) until brown.
Drain.

BAKE:

Arrange balls on greased baking sheets.
Drip melted butter over balls.
Bake in oven 30 minutes.

No. G–77 AMERICAN FRIED POTATOES (HOME FRIED) WITH VARIATION

100 servings
¾ cup each
Preparation and cooking time: about 2 hours

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**	
SHORTENING OR FAT DRIPPINGS	**1½ POUNDS**	**¾ QUART**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK		**1½ TEASPOONS**

Cut into thin slices ⅛-inch thick.
Heat fat in roasting pan on top of range.
Add potatoes; sprinkle with salt and pepper.
Cook 30 to 45 minutes, or until tender.
Stir occasionally to insure even browning.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

VARIATION

COTTAGE FRIED POTATOES:

Cook 45 pounds of potatoes in jackets.
Cool; peel; and slice ¼-inch thick.
Follow cooking procedure as for American Fried Potatoes, adding more shortening, if necessary.

No. G–78 BAKED POTATOES

100 servings
1 each
Preparation and cooking time: about 1¾ hours
Over temperature: hot (400° F.)

POTATOES, WHITE, FRESH — **55 POUNDS**

Select medium size potatoes.
Scrub thoroughly; remove blemishes. Dry.

BUTTER, MELTED, SHORTENING OR FAT DRIPPINGS — **1 POUND** — **2 CUPS**

Brush or rub skins with fat.
Place on sheet pans.
Bake in oven for 1 to 1¼ hours, or until tender when pricked with a fork.
Remove from oven; place in serving pans.
Slit tops lengthwise and crosswise.
Press both ends together to break open.

BUTTER PATTIES — **2 POUNDS**
PARSLEY, CHOPPED (OPTIONAL) — **½ OUNCE** — **½ CUP**

OR

PAPRIKA

Place 1 pat of butter in each potato.
Garnish with parsley or paprika.

No. G–79 BUTTERED POTATOES WITH VARIATIONS

100 servings
1 each
Preparation and cooking time: about 2 hours

POTATOES, WHITE, FRESH, PEELED — **35 POUNDS**
WATER, BOILING — **2 TO 3 GALLONS**
SALT — **½ POUND** — **¾ CUP**

Select small or medium size potatoes, or cut large potatoes into uniform pieces.
Cover with boiling salted water.
Cover and bring to a boil.
Reduce heat and simmer 20 to 30 minutes, or until tender but firm.

Drain; reserve 2 cups of liquid for seasoning.
Allow potatoes to stand uncovered until steam escapes and they are dry and mealy.
Place in serving pans.

BUTTER	**1 POUND**	**2 CUPS**

Melt butter in cooking liquid.
Pour over potatoes.

FOR STEAMER:

Place potatoes in basket; steam until tender (about 25 minutes).

BUTTER, MELTED	**1 POUND**	**2 CUPS**
WATER, HOT		**2 CUPS**
SALT	**5 OUNCES**	**½ CUP**
PEPPER, BLACK		**1 TEASPOON**

Mix 2 cups of hot water with butter and seasoning; pour over potatoes.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

VARIATIONS

PAPRIKA BUTTERED POTATOES:

Arrange boiled or steamed potatoes in serving pans.

BUTTER, MELTED	**1 POUND**	**2 CUPS**
POTATO WATER		
OR		
HOT WATER		**2 CUPS**
PAPRIKA		

Melt butter and water together.
Pour over potatoes.
Mix lightly until each potato is covered with butter.
Garnish with paprika.

PARSLEY BUTTERED POTATOES:

Arrange boiled or steamed potatoes in serving pans.

BUTTER, MELTED	**1 POUND**	**2 CUPS**
POTATO WATER		
OR		
HOT WATER		**2 CUPS**
PARSLEY, FRESH, CHOPPED, (FINE)		**1 CUP**

Mix butter, water, and parsley together.
Pour over potatoes.
Mix lightly until each potato is covered with butter and parsley.

No. G–80 CREAMED POTATOES

100 servings
¾ cup each
Preparation and cooking time: about 2 hours

POTATOES, WHITE, FRESH PEELED	**35 POUNDS**	
WATER, BOILING		**2 TO 3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Quarter potatoes cutting ½-inch thick and 1¼ inches in length. (If potatoes are small, leave whole.)
Cover with boiling salted water.
Cover and bring to a boil. Reduce heat and simmer 20 to 30 minutes.
Drain; allow potatoes to stand uncovered until steam escapes and they are dry and mealy.

SAUCE:

MILK, EVAPORATED		**1 GALLON**
(WATER FOR MILK)		**1 GALLON**

Heat milk to just below boiling point.
Stir occasionally to prevent scorching.

BUTTER	**1 POUND**	**2 CUPS**
FLOUR, WHEAT, HARD	**18 OUNCES**	**1 QUART**
SALT	**4 OUNCES**	**6 TABLESPOONS**
PEPPER, BLACK		**1½ TEASPOONS**
PAPRIKA		
OR		
PARSLEY, CHOPPED	**½ OUNCE**	**½ CUP**

Melt butter; stir in flour; add salt and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes or until thickened. Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Pour sauce over potatoes; mix lightly and simmer for 5 minutes.
Paprika or parsley may be used as a garnish.

Note 1. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.
2. Add all of sauce if potatoes are the mealy type. If potatoes are the watery type, less sauce will be needed.

No. G–81 FRANCONIA POTATOES

100 servings
4 to 6 quarters each
Preparation and cooking time: about 2½ hours
Oven temperature: hot (400° F.)

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**	
WATER, BOILING		**2 TO 3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Cut into uniform pieces, halves, or quarters.
Cover with boiling salted water.
Cover and bring to a boil. Reduce heat and partially cook potatoes for 10 to 15 minutes. Avoid overcooking.
Drain; reserve 2 cups of liquid for seasoning.
Place potatoes on well-greased sheet pans.

BUTTER, MELTED	**2 POUNDS**	**1 QUART**
PEPPER, BLACK		**1 TEASPOON**

Melt butter in hot potato water; add pepper and pour over the potatoes.
Turn potatoes so that all sides are coated with fat.
Bake in oven (400° F.) for 45 minutes, or until potatoes are soft.
Turn as necessary for even browning.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G–82 FRENCH BAKED POTATOES

100 servings
1 medium or 2 small each
Preparation and cooking time: about 1¾ hours
Oven temperature: hot (400° F.)

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**	

Select small or medium size potatoes, or cut large potatoes into uniform pieces.
Wash thoroughly in cold water.
Drain dry.

BUTTER OR FAT DRIPPINGS, MELTED	**2 POUNDS**	**1 QUART**
BREAD OR CRACKER CRUMBS	**2 POUNDS**	**2 QUARTS**

SALT	2 OUNCES	3 TABLESPOONS
PEPPER, BLACK		2 TEASPOONS

Mix crumbs, salt, and pepper together.
Roll potatoes in fat; then in seasoned crumbs.
Place on well-greased sheet pans.
Bake in oven (400° F.) for 1 hour, or until tender.

PAPRIKA

Sprinkle with paprika just before serving.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G–83 FRENCH FRIED POTATOES

100 servings
¾ cup each
Preparation and cooking time: about 2½ hours

METHOD I:

POTATOES, WHITE, FRESH, PEELED — **43 POUNDS**

Cut into uniform long narrow strips about ½-inch thick.
Wash thoroughly in cold water.
Drain and dry thoroughly.

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (350° F. to 360° F.) until potatoes are done, but not brown.
(For efficient results, do not overload the fryer—use 1 pound of potatoes for every 8 pounds of fat.)
Drain.
Just before serving, return the partly cooked potatoes to the fryer and brown (375° F.) for approximately 3 minutes.
Drain.
Sprinkle with salt and pepper before serving.

METHOD II:

Boil or steam the potato strips for about 5 minutes.
Drain and dry thoroughly.
Fry in hot deep fat (365° F. to 375° F.) until brown.

METHOD III:

Potatoes are completely fried in one operation.
Fry in hot deep fat (365° F. to 375° F.) for approximately 7 minutes, or until brown.

Fry only as needed.

Note 1. For best results do not use potatoes directly from refrigerator storage. Use potatoes that have been stored at room temperature (about 65°–75° F.) for at least 10 to 14 days. Soggy watery type potatoes should not be used.

2. 55 pounds of potatoes, as purchased, will yield approximately 43 pounds, edible portion.

No. G–84 HASHED BROWN POTATOES

100 servings
⅔ cup each
Preparation and cooking time: about 2 hours
Oven temperature: very hot (450°–500° F.)

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**	
WATER, BOILING		**2 TO 3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Cut into uniform pieces, halves, or quarters.
Cover with boiling salted water.
Cover and bring to a boil. Reduce heat and simmer 20 to 30 minutes, or until tender.
Drain and chop.

SHORTENING, MELTED OR BEEF DRIPPINGS	**2 POUNDS**	**1 QUART**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**1½ TEASPOONS**

Pour part of the fat into the roasting pans and add potatoes.
Pour remaining fat over potatoes and sprinkle with salt and pepper.
Fry on top of range or bake in oven for 30 minutes, or until brown, stirring occasionally to insure even browning.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G–85 LYONNAISE POTATOES

100 servings
⅔ cup each
Preparation and cooking time: about 2 hours
Oven temperature: moderate (375° F.)

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**	
WATER, BOILING		**2 TO 3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Cut and dice into ½-inch pieces.
Cover with boiling salted water.
Cover and bring to a boil. Reduce heat and simmer 10 to 15 minutes, or until tender, but firm.
Drain.

ONIONS, DRY, CHOPPED	**1 POUND**	**¾ QUART**
SHORTENING OR BACON DRIPPINGS	**2 POUNDS**	**1 QUART**

Cook onions slowly in fat until light yellow.

PEPPER, BLACK		**1 TEASPOON**

Add pepper, onions, and fat to potatoes.
Place mixture in well-greased sheet pans.
Bake in oven until light brown.

PARSLEY, FRESH, CHOPPED	**2 OUNCES**	**1 CUP**

Sprinkle parsley over potatoes just before serving.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G-86 MASHED POTATOES WITH VARIATION

100 servings
¾ cup each
Preparation and cooking time: about 2½ hours

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**	
WATER, BOILING		**2 TO 3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Cut into uniform pieces, halves, or quarters.
Cover with boiling salted water.
Cover and bring to a boil. Reduce heat and simmer 20 to 30 minutes, or until tender.
Drain.
Mash. Place in mixer, use low speed until potatoes are broken up. Continue at high speed for 2 minutes, or until no lumps remain.

MILK, EVAPORATED, (HOT)		**2¼ QUARTS**
(WATER FOR MILK), (HOT)		**2¼ QUARTS**
BUTTER	**1 POUND**	**2 CUPS**

SALT	2 OUNCES	3 TABLESPOONS
PEPPER, BLACK, (OPTIONAL)		1 TEASPOON

Melt butter in milk; add seasonings; and gradually add to the potatoes.
Mix until well blended.
Whip until soft and fluffy.
Serve immediately.

FOR STEAMER:

Fill steamer basket ⅔ full and steam for 35 minutes, or until tender. Mash; and add milk, butter, and seasonings as specified in recipe above. Additional salt may be necessary.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

VARIATION

O'BRIEN MASHED POTATOES:

Add 1 pound (¾ quart) of finely chopped green peppers, ½ pound (1½ cups) of chopped onions that have been cooked in butter until soft, and 1 7-ounce can (1 cup) of chopped pimientos, to the mashed potatoes.

No. G–87 O'BRIEN POTATOES (METHOD I OR II)

100 servings
⅔ cup each
Preparation and cooking time: about 2¾ hours

METHOD I:

POTATOES, WHITE, FRESH, PEELED	35 POUNDS	

Boil potatoes in their jackets.
Cool; peel; and dice into ¾-inch pieces.

PIMIENTOS, CHOPPED	14 OUNCES	1¾ CUPS (2 7-OUNCE CANS)
PEPPERS, SWEET, FRESH, CHOPPED	1 POUND	¾ QUART
SHORTENING OR BACON DRIPPINGS	½ POUND	1 CUP
SALT	2 OUNCES	3 TABLESPOONS
PEPPER, BLACK (OPTIONAL)		1½ TEASPOONS

Combine all ingredients and mix well.
Fry in well-greased pans until golden brown.

METHOD II:

Cut and dice raw, peeled potatoes into ¾-inch pieces.
Wash and let stand in cold water 30 minutes.
Drain; dry thoroughly.
Fry peppers and pimientos in fat until tender.
Fry potatoes in hot deep fat (365° F.) until potatoes are golden brown and tender.
Drain.
Sprinkle with salt and pepper.
Combine potatoes, peppers, and pimientos just before serving.

Note 1. If pimientos are not available, increase amount of green peppers to 2 pounds.

2. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G–88 OVEN BROWNED POTATOES

100 servings
1 medium or 2 small each
Preparation and cooking time: about 2 hours
Oven temperature: hot (400° F.)

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**

Select potatoes of uniform small or medium size, or cut large potatoes into uniform small pieces.
Wash; drain; and dry thoroughly.
Place in roasting pan.

BUTTER	**2 POUNDS**	**1 QUART**
SALAD OIL		**1 CUP**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**1½ TEASPOONS**

Melt butter; add oil, salt, and pepper; pour over potatoes.
Turn potatoes so that all sides are coated with fat.
Bake in oven 1 to 1½ hours, or until browned and tender.
Turn as necessary for even browning.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G–89 POTATOES AU GRATIN

100 servings
¾ cup each
Preparation and cooking time: about 2 hours
Oven temperature: moderate (375° F.)

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**	
WATER, BOILING		**2 TO 3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Select small or medium size potatoes, or cut large potatoes into uniform pieces.
Cover with boiling salted water.
Cover and bring to a boil, reduce heat and simmer 20 to 30 minutes.
Drain.
Cut into ½-inch slices.

CHEESE SAUCE:

MILK, EVAPORATED		**1 GALLON**
(WATER FOR MILK)		**1 GALLON**

Heat milk to just below boiling point.

BUTTER	**1 POUND**	**2 CUPS**
FLOUR, WHEAT, HARD	**9 OUNCES**	**2 CUPS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
PEPPER, BLACK		**2 TEASPOONS**

Melt butter; stir in flour; add salt and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes, or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce the thickness of the sauce).

CHEESE, CHEDDAR, PROCESSED, CUBED	**2 POUNDS**	**2 QUARTS**
MUSTARD, DRY	**½ OUNCE**	**2 TABLESPOONS**

Add cheese and mustard gradually to the sauce; stir until cheese is melted.
Arrange alternate layers of potatoes and cheese sauce in well-greased roasting pans.

BREAD CRUMBS, DRY, GROUND	**1 POUND**	**1 QUART**
BUTTER, MELTED	**½ POUND**	**1 CUP**

Mix crumbs and butter.

Sprinkle over top of potato mixture.
Bake in hot oven until light brown.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G–90 POTATOES BAKED IN MILK

100 servings
¾ cup each
Preparation and cooking time: about 2 hours
Oven temperature: moderate (350° F.)

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**	
WATER, BOILING		**2 TO 3 GALLONS**
SALT	**½ POUND**	**¾ CUP**

Dice potatoes.
Cover with boiling salted water.
Cover and heat to boiling point; reduce heat and simmer 15 to 20 minutes, or until tender but still firm.
Drain.
Place in well-greased roasting pans.

MILK, EVAPORATED		**2 QUARTS**
(WATER FOR MILK)		**2 QUARTS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**2 TEASPOONS**
BUTTER, MELTED (OPTIONAL).	**4 OUNCES**	**½ CUP**

Combine milk, seasoning, and butter.
Add to potatoes, mix well, being careful not to break or cursh the potatoes.
Bake in oven until potatoes are tender and milk is absorbed, stirring occasionally.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G–91 RISSOLE POTATOES

100 servings
1 medium or 2 small each
Preparation and cooking time: about 2½ to 3 hours
Oven temperature: hot (400° F.)

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**

Select small or medium size potatoes, or cut large potatoes into uniform pieces.

Wash and let stand in cold water 30 minutes.
Drain; dry thoroughly.
Fry in hot deep fat (375° F.) until lightly browned.
Place in roasting pan.

SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**1½ TEASPOONS**

Sprinkle with salt and pepper.
Bake in oven 1 hour, or until tender.

Note. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G–92 SCALLOPED POTATOES

100 servings
¾ cup each
Preparation and cooking time: about 3 to 4 hours
Oven temperature: moderate (375° F.)

POTATOES, WHITE, FRESH, PEELED	**35 POUNDS**

Cut into thin slices ⅛-inch thick.
Place in 2 well greased roasting pans.

SAUCE:

MILK, EVAPORATED		**3 QUARTS**
(WATER FOR MILK)		**3 QUARTS**

Heat milk to just below boiling point.

BUTTER	**¾ POUND**	**1½ CUPS**
FLOUR, WHEAT, HARD	**9 OUNCES**	**2 CUPS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK		**2 TEASPOONS**

Melt butter; stir in flour; add salt and pepper.
Add mixture slowly to the milk, stirring constantly with a wire whip until mixture is smooth.
Cook 5 to 10 minutes, or until thickened.
Stir gently to prevent scorching (vigorous stirring will reduce thickness of the sauce).
Pour over potatoes. Mix.
Cover and bake for 1 hour. Reduce heat to 350° F. and continue baking uncovered for 30 minutes, or until tender and light-brown on top.

Note 1. Cooking time may be reduced if potatoes are steamed or parboiled 5 minutes before adding sauce.
2. 45 pounds of fresh potatoes, as purchased, will yield approximately 35 pounds, edible portion.

No. G–93 BAKED SAUERKRAUT WITH APPLE SLICES

100 servings
½ cup each
Preparation and cooking time: about 1¾ hours
Oven temperature: moderate (350° F.)

SAUERKRAUT, CANNED	**19 POUNDS**	**2¼ GALLONS (3 NO. 10 CANS)**

Drain; reserve 2 quarts of juice.

SUGAR, BROWN	**2 POUNDS**	**1¼ QUARTS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**

Mix sugar and salt and sprinkle one-half over sauerkraut.

APPLES	**8 POUNDS**	**24 APPLES**

Wash; core; and slice.
Arrange layers of sauerkraut and apples in greased roasting pan.
Sprinkle remaining sugar and salt mixture over each layer of apples.
Pour 2 quarts of liquid over the sauerkraut–apple mixture.

BUTTER	**6 OUNCES**	**¾ CUP**

Dot the top with pieces of butter.
Cover and bake in oven 30 minutes, or until apples are tender when pricked with a fork; remove cover and bake an additional 15 minutes. Baste if necessary.

Note. 1 No. 10 can of sliced apples may be substituted for fresh apples—omit 1 pound of brown sugar.

No. G–94 SAUERKRAUT WITH GREEN PEPPERS

100 servings
½ cup each
Preparation and cooking time: about 1 hour

PEPPERS, SWEET, FRESH, CHOPPED	**1 POUND**	**¾ QUART**
BUTTER	**¾ POUND**	**1½ CUPS**

Cook peppers in butter until nearly tender.

SAUERKRAUT, CANNED	**19 POUNDS**	**2¼ GALLONS (3 NO. 10 CANS)**

Drain sauerkraut and add to peppers.
Heat thoroughly.

VINEGAR		**1 CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

SALT	2 OUNCES	3 TABLESPOONS
PEPPER, BLACK		2 TEASPOONS
PAPRIKA		

Add vinegar, sugar, salt, and pepper to sauerkraut mixture.
Cook 2 to 3 minutes. Stir frequently to avoid scorching.
Arrange in serving pans.
Sprinkle the top with paprika.

No. G–95 SIMMERED SAUERKRAUT

100 servings
½ cup each
Preparation and cooking time: about ½ hour

SAUERKRAUT CANNED	25 POUNDS	3 GALLONS (4 NO. 10 CANS)
SUGAR, GRANULATED (OPTIONAL)	2 OUNCES	¼ CUP
SALT	2 OUNCES	3 TABLESPOONS
PEPPER, BLACK		1 TEASPOON
BAY LEAVES (OPTIONAL)		2 TO 3

Drain off half the sauerkraut juice; add the above seasonings to sauerkraut.
Bring to a boil.

BACON OR HAM FAT	4 OUNCES	½ CUP
PARSLEY, CHOPPED (OPTIONAL)	½ OUNCE	½ CUP

Add fat to sauerkraut and simmer for 15 to 20 minutes.
Place in serving pans.
Garnish with chopped parsley.

No. G–96 BAKED HUBBARD SQUASH

100 servings
1 piece each
Preparation and cooking time: about 2½ hours
Oven temperature: moderate (350° F.)

SQUASH, HUBBARD	40 POUNDS	
WATER, BOILING		TO COVER

Wash squash and cover with boiling water.
Cover and bring to a boil; cook 20 minutes to soften skin.
Drain.
Cut squash into halves; remove seeds.
Cut halves into 3-inch squares.

Arrange on greased sheet pans.
Add about ¾ quart of water to each sheet pan.

BUTTER, MELTED	**1½ POUNDS**	**3 CUPS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**
SUGAR, BROWN (OPTIONAL)	**6 OUNCES**	**1 CUP**

Brush squash with butter; sprinkle with salt, pepper, and sugar.
Bake in oven for 1 hour, or until tender.

Note 1. 40 pounds of squash as purchased, will yield approximately 28 pounds of cooked flesh and skin.

2. Winter squashes (including Hubbard, Butternut, and Acorn) may be cut into halves; then baked or steamed. Hubbard squash, when cooked, mashed, and flavored with spices, may be used as a pie filling. Butternut squash is especially good when cut into pieces, pared, steamed, and mashed with butter or seasoning.

No. G–97 BAKED SQUASH WITH SIRUP WITH VARIATION

100 servings
½ acorn squash each
Preparation and cooking time: about 2 hours
Oven temperature: hot (400° F.)

SQUASH, ACORN	**40 POUNDS**	
SALT	**2 OUNCES**	**3 TABLESPOONS**

Wash squash; cut into halves; scoop out seeds.
Sprinkle salt over the inside of each squash half.
Arrange open side up in sheet pans.

CINNAMON, GROUND	**¼ OUNCE**	**1 TABLESPOON**
SUGAR, BROWN	**1 POUND**	**2¾ CUPS**
BUTTER, MELTED	**1½ POUNDS**	**3 CUPS**
WATER		**1 CUP**

Combine cinnamon, sugar, butter, and water together.
Place approximately 1½ teaspoons of mixture in each half portion of squash.
Add about ¾ quart of water to each sheet pan.
Bake in oven for 45 minutes, or until tender.

Note. 50 pounds of squash, as purchased, will yield approximately 40 pounds of cooked flesh and skin.

VARIATION

BAKED SQUASH WITH SAUSAGE:

Make pats of pork sausage, allowing 10 per pound. Cook; drain; and serve in cavity of squash.

No. G–98 BUTTERED FROZEN SUMMER SQUASH

100 servings
⅓ cup each
Preparation and cooking time: about ¾ hour

SQUASH, YELLOW CROOKNECK, SLICED, FROZEN	**20 POUNDS**	
WATER, BOILING		**2 CUPS**
BUTTER	**1 POUND**	**2 CUPS**
SALT	**5 OUNCES**	**½ CUP**
PEPPER, BLACK		**1 TEASPOON**

Strike packages of frozen squash to break pieces apart.
Add butter to boiling water; add squash.
Sprinkle with salt and pepper.
Cover; bring to a boil. Stir occasionally.
Simmer 10 minutes.
Place in serving pans and serve.

No. G–99 CREOLE SUMMER SQUASH

100 servings
⅔ cup each
Preparation and cooking time: about 1½ hours

SQUASH, SUMMER, YOUNG, CLEANED, SLICED	**20 POUNDS**	

Wash squash; cut off ends and cut into ¼-inch slices without peeling.

BACON FAT	**1 POUND**	**2 CUPS**
ONIONS, DRY, CHOPPED	**3 POUNDS**	**2¼ QUARTS**

Cook onions in bacon fat in stock pot until light yellow.
Add sliced squash to onions.

WATER, BOILING		**2 CUPS**

Add boiling water.
Cover and bring to a boil. Simmer 10 minutes.

TOMATOES, CANNED	**6½ POUNDS**	**3 QUARTS (1 NO. 10 CAN)**
SALT	**5 OUNCES**	**½ CUP**
SUGAR	**3 OUNCES**	**6 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**
PEPPER, CAYENNE		**¼ TEASPOON**

GARLIC, MINCED		**3 CLOVES**
PARSLEY, CHOPPED (OPTIONAL)	**2 OUNCES**	**1 CUP**

Add tomatoes and seasoning.
Cover and simmer 5 more minutes.

Note 1. 22 pounds of summer squash, as purchased, will yield approximately 20 pounds, edible portion.
2. 20 pounds of frozen sliced yellow crookneck squash may be used for fresh squash.
3. 3⅓ pounds onions, as purchased, will yield approximately 3 pounds, edible portion.

No. G–100 FRIED SUMMER SQUASH

100 servings
½ cup each
Preparation and cooking time: about 1¾ hours

SQUASH, SUMMER, YOUNG, CLEANED	**20 POUNDS**	

Wash squash; cut off ends; and slice ¼-inch thick without peeling.

EGGS, WHOLE, SLIGHTLY BEATEN	**1½ POUNDS**	**¾ QUART (15 EGGS)**
EVAPORATED MILK		**¾ CUP**
(WATER FOR MILK)		**¾ CUP**

Combine eggs and milk, and beat until foamy.

Dip squash in mixture. Drain well.

BREAD CRUMBS, DRY	**2 POUNDS**	**2 QUARTS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK	**¼ OUNCE**	**1 TABLESPOON**

Dip in seasoned crumbs.

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (350° F. to 360° F.) until tender and golden brown. Cook in batches to avoid soggy squash.

Note. 22 pounds of summer squash, as purchased, will yield approximately 20 pounds, edible portion.

Summer squashes (yellow crookneck, zucchini, and white scallop) do not need to be peeled or have the seeds removed. It is better to fry, bake, or steam rather than to cook them in water. If water must be added, use only a small amount.

No. G–101 MASHED SQUASH, FROZEN

100 servings
½ cup each
Preparation and cooking time: about 1¼ hours

MASHED SQUASH, FROZEN	**20 POUNDS**	
WATER, BOILING		**2 CUPS**

Place frozen squash in water; heat slowly, stirring constantly to prevent scorching.

BUTTER, MELTED	**1 POUND**	**2 CUPS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**
CINNAMON, GROUND	**¼ OUNCE**	**1 TABLESPOON**
SUGAR, GRANULATED	**½ POUND**	**1 CUP**

Blend butter, salt, pepper, cinnamon, and sugar together.
Add to the squash and whip until creamy.
If mixture is too moist, place in well-greased roasting pan and bake in moderate oven (350° F.) 20 to 30 minutes.

No. G–102 SAUTEED SUMMER SQUASH

100 servings
½ cup each
Preparation and cooking time: about 1 hour

SQUASH, SUMMER, YOUNG, CLEANED, SLICED	**20 POUNDS**	

Wash squash; cut off ends; and slice without peeling.

BACON, SLAB, RIND-OFF, RAW, DICED	**2 POUNDS**	**1½ QUARTS**

Fry until bacon begins to crisp.
Add sliced squash.

WATER, BOILING		**1 QUART**
PEPPERS, SWEET, FRESH, CHOPPED	**1 POUND**	**3 CUPS**
PIMIENTOS, CHOPPED (OPTIONAL)	**7 OUNCES**	**1 CUP (1 7-OUNCE CAN)**
SALT	**4 OUNCES**	**6 TABLESPOONS**
SUGAR, GRANULATED	**3 OUNCES**	**6 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Add boiling water, peppers, pimientos, and seasonings.
Mix.
Cover, bring to a boil.
Reduce heat and simmer 10 minutes.
Remove cover and cook 5 minutes over high heat.

Note 1. 22 pounds of squash, as purchased, will yield approximately 20 pounds, edible portion.

2. 20 pounds of frozen sliced yellow crookneck squash may be used for fresh squash. Strike package to break slices apart.

No. G–103 BUTTERED SUCCOTASH, CANNED OR FROZEN

100 servings
½ cup each
Preparation and cooking time: about ½ hour

BEANS, LIMA, FROZEN	**6 POUNDS**	
CORN, WHOLE GRAIN, FROZEN	**12 POUNDS**	
WATER, BOILING		**2½ QUARTS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**

*Place vegetables in boiling salted water.
Cover and bring to a boil.
Reduce heat and cook 10 to 12 minutes, or until tender.
Do not overcook.
Place in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
SUGAR, GRANULATED, (OPTIONAL)	**2 OUNCES**	**¼CUP**
PEPPER, BLACK		**2 TEASPOONS**

Add butter, sugar, and pepper. Mix lightly.

PARSLEY	**2 OUNCES**	**1 CUP**

Garnish with parsley.

Note. 1½ No. 10 cans (4½ quarts) of lima beans and 3 No. 10 cans (2¼ gallons) of corn, whole grain, may be substituted for frozen beans and corn.

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*Vegetables may be cooked separately, beans 10 to 20 minutes; corn 5 minutes. Drain and combine.

No. G–104 FRENCH FRIED TOMATOES

100 servings
3 slices each
Preparation and cooking time: about 2 hours

TOMATOES, GREEN OR HALF RIPE	**25 POUNDS**	

Wash; remove stem ends; and slice ½-inch thick.

FLOUR, WHEAT, HARD	**2¼ POUNDS**	**2 QUARTS**
SALT	**3 OUNCES**	**4½ TABLESPOONS**
PEPPER, BLACK	**¼ OUNCE**	**1 TABLESPOON**

Roll tomatoes in mixture of flour, salt, and pepper.

MILK, EVAPORATED	----------	**2 CUPS**
(WATER FOR MILK)	----------	**2 CUPS**
EGGS, WHOLE, BEATEN	**¾ POUND**	**1½ CUPS (7 TO 8 EGGS)**

Combine above ingredients.
Dip tomatoes in mixture.

BREAD CRUMBS, DRY, GROUND	**4 POUNDS**	**1 GALLON**

Roll tomatoes in crumbs.

SHORTENING FOR DEEP FAT FRYING

Fry in hot deep fat (360° F.) until golden brown.
Drain.

No. G–105 OVEN GRILLED TOMATOES

100 servings
½ each
Preparation and cooking time: about 1½ hours
Oven temperature: moderate (375° F.)

TOMATOES, FRESH, FIRM	**24 TO 28 POUNDS**	**50 LARGE**

Wash; carefully remove cores; and cut in half.
Place on well-greased sheet pans.

BREAD CRUMBS, DRY, GROUND	**½ POUND**	**2 CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK	**¼ OUNCE**	**1 TABLESPOON**
BUTTER, MELTED	**4 OUNCES**	**½ CUP**

Mix crumbs, salt, pepper, and butter.
Spread on tomatoes.
Bake in oven for 30 minutes.

No. G–106 SCALLOPED TOMATOES WITH VARIATIONS

100 servings
⅓ cup each
Preparation and cooking time: about 1 hour
Oven temperature: moderate (350° F.)

TOMATOES, CANNED	**25 POUNDS**	**3 GALLONS (4 NO. 10 CANS)**
BREAD, DRY, BROKEN	**1¼ POUND**	**3 QUARTS**
SUGAR, GRANULATED	**14 OUNCES**	**2 CUPS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Mix above ingredients and place in well-greased roasting pans.

BUTTER	**½ POUND**	**1 CUP**

Place pieces of butter over tomato mixture.
Bake in oven 30 minutes, or until thoroughly heated.

VARIATIONS

BREADED TOMATOES:

Tomatoes, butter, and seasoning may be heated on top of range, with bread added just before serving.

TOMATOES AND CORN:

Substitute 1 No. 10 can of whole grain corn, drained, for 1 No. 10 can of tomatoes.

No. G–107 STEWED TOMATOES AND OKRA

100 servings
½ cup each
Preparation and cooking time: about ½ hour

ONIONS, DRY, CHOPPED	**2 POUNDS**	**1½ QUARTS**
BACON DRIPPINGS	**1 POUND**	**2 CUPS**

Cook onions in drippings in stock pot until light yellow (about 5 minutes).
Do not brown.

WATER, BOILING		**3 QUARTS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
OKRA, FROZEN	**10 POUNDS**	

Add water, salt, and okra to onions.
Bring to a boil. Cook 4 minutes.
Do not overcook.

TOMATOES, CANNED	**12¾ POUNDS**	**1½ GALLONS (2 NO. 10 CANS)**
PEPPER, BLACK		**1 TEASPOON**

Add tomatoes and pepper.
Bring to a boil.
Serve hot.

No. G–108 STEWED TOMATOES WITH VARIATION

100 servings
⅓ cup each
Preparation and cooking time: about ½ hour

ONIONS, DRY, CHOPPED	**3 OUNCES**	**½ CUP**
BUTTER	**½ POUND**	**1 CUP**

Cook onions in butter in stock pot until light yellow.

TOMATOES, CANNED	**25 POUNDS**	**3 GALLONS (4 NO. 10 CANS)**
SUGAR, GRANULATED	**14 OUNCES**	**2 CUPS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Add tomatoes, sugar, salt, and pepper.
Bring to a boil.
Serve hot.

VARIATION

CHILLED CANNED TOMATOES:

Omit onions and butter. Mix tomatoes with seasoning and serve cold.

No. G–109 GLAZED TURNIPS

100 servings
½ cup each
Preparation and cooking time: about 2 hours
Oven temperature: moderate (350° F.)

TURNIPS, CLEANED, QUARTERED	**24 POUNDS**	
WATER, BOILING		**2 GALLONS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
SUGAR, GRANULATED	**2 OUNCES**	**¼ CUP**

Wash; peel; and quarter turnips.
Add to boiling salted water to which sugar has been added.
Cover and cook 15 minutes, or until partially tender.
Drain.
Arrange in greased sheet pans.

SUGAR, BROWN	**1 POUND**	**2¾ CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
BUTTER	**¾ POUND**	**1½ CUPS**
WATER, HOT		**1½ QUARTS**

Combine sugar, salt, butter, and water.
Boil 5 minutes to make a thin sirup.
Pour over turnips. Bake in oven 45 minutes.
Baste frequently to insure an even glaze.

Note. 30 pounds of turnips without tops, as purchased, will yield approximately 24 pounds, edible portion.

No. G–110 MASHED TURNIPS

100 servings
½ cup each
Preparation and cooking time: about 2 hours

TURNIPS, CLEANED, QUARTERED	**24 POUNDS**	
WATER, BOILING		**2 GALLONS**
SALT	**4 OUNCES**	**6 TABLESPOONS**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**

Add turnips to boiling salted water to which sugar has been added.
Bring to a boil; reduce heat and simmer 20 minutes, or until tender.
Drain well.
Mash thoroughly.

BUTTER	**¾ POUND**	**1½ CUPS**
MILK, EVAPORATED, HOT		**1½ CUPS**
SALT	**2 OUNCES**	**3 TABLESPOONS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter in milk; season; and add to turnips while mashing.

FOR STEAMER:

Fill steamer basket with cleaned, quartered turnips.
Steam 20 minutes, or until tender.
Mash and season with milk and butter.

Note. 30 pounds of turnips without tops, as purchased, will yield approximately 24 pounds, edible portion.

No. G–111 STEWED TURNIPS AND BACON

100 servings
½ cup each
Preparation and cooking time: about 2 hours

BACON, SLAB, RIND-OFF, RAW, DICED	**3 POUNDS**	**2¼ QUARTS**

Fry bacon in roasting pan until lightly browned.

TURNIPS, CLEANED, SLICED	**24 POUNDS**	
WATER, BOILING		**1 GALLON**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED	**4 OUNCES**	**½ CUP**
PEPPER, BLACK		**1½ TEASPOONS**

Wash; peel; and cut turnips into ⅛-inch slices.
Add water and seasoning to bacon and drippings.
Heat to boiling; add turnips.
Simmer 20 minutes, or until tender.
Serve in remaining liquid.

Note. Ham hocks or pork sausages may be substituted for the bacon. 30 pounds of turnips without tops, as purchased, will yield approximately 24 pounds, edible portion.

No. G–112 BUTTERED MIXED VEGETABLES, FROZEN

100 servings
½ cup each
Preparation and cooking time: about ¾ hour

VEGETABLES, MIXED, FROZEN	**20 POUNDS**	
WATER, BOILING		**3 QUARTS**
SALT	**5 OUNCES**	**½ CUP**
SUGAR, GRANULATED, (OPTIONAL)	**4 OUNCES**	**½ CUP**

Add frozen vegetables to boiling salted water to which sugar has been added.
Cover. Bring to a boil, stirring occasionally.
Simmer 10 minutes.
Drain; reserve 2 cups of liquid for seasoning.
Place vegetables in serving pans.

BUTTER	**1 POUND**	**2 CUPS**
PEPPER, BLACK		**1 TEASPOON**

Melt butter in hot vegetable liquid. Add pepper.
Pour over vegetables.
Serve hot.

Note. Vegetables, mixed, frozen, should include any combination of the following:

BEANS, GREEN, FROZEN
BEANS, LIMA, FROZEN
***CARROTS, FRESH**
CORN, WHOLE GRAIN, FROZEN
PEAS, GREEN, FROZEN

*When carrots are used, they should be partially cooked before adding to frozen vegetables and boiling water.

[AG 430.1 (22 Sep 58)]

By Order of *Wilber M. Brucker*, Secretary of the Army:

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For explanation of abbreviations used, see AR 320–50.

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